

2001 FINA WORLD CHAMPIONSHIPS

CANADIAN NATIONALS

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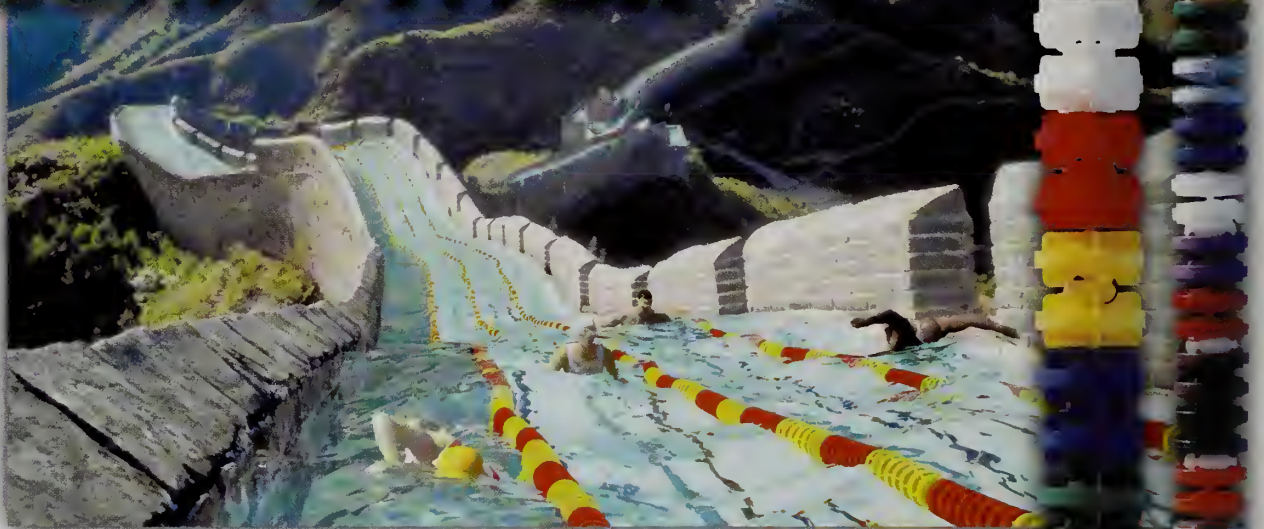
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 Marco Chiesa, *Business Manager*
 Karin Helmstaedt, *International Editor*
 Russ Ewald, *Sunland, USA Editor*
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Editorial Offices:

SWIMNEWS,

356 Sumach St., Toronto, Ontario, M4X 1V4, CANADA

Tel: (416) 963-5599 Fax: (416) 963-5545

E-mail: swimnews@inforamp.net

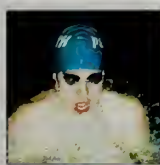
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Coverphoto: Patrick Kramer



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BLACK SEPTEMBER

What a depressing period. During most of August, the newspapers were full of doom and gloom articles on Canadian sport. See below.

Then September 11 happened.
It paralyzed almost everyone I know.
How could such a thing happen?

For someone who travels extensively (I've been to Europe three times this year, to South America, and to Japan), the prospect of more travel to competitions is daunting.

Black September indeed.

Sport becomes irrelevant when so many lives perished.

* * *

September was black for sport almost 30 years ago, when during the second week of the 1972 Munich Olympics, eight Arab terrorists entered the Athletes' Village and took nine Israelis as hostage, having killed two coaches. They announced that they were Palestinians and demanded that Israel release 200 Arab prisoners and that the terrorists be given safe passage out of Germany.

After hours of tense negotiations, the Palestinians, who it was later learned belonged to the PLO (Palestine Liberation Organization) faction called Black September, agreed to be taken by helicopter to an airbase where they would be given a plane that would fly them to Egypt. The Germans prepared to ambush the terrorists at the airport.

A series of shootouts and German mistakes resulted in eight more Israeli athletes killed, as well as five terrorists and a German policeman.

Three of the terrorists were captured. A month later, on October 29, a German airliner was hijacked by terrorists demanding that the Munich killers be released.

The Germans capitulated and the remaining three terrorists were released, but an Israeli team tracked them down and assassinated two, with one dying of natural causes.

The mastermind of the massacre remains at large. In 1999, Abu Daoud admitted his role in his autobiography, *Memoirs of a Palestinian Terrorist*.

The IOC (International Olympic Committee) suspended the Games for a day of mourning but did

not consider the death of 11 athletes and coaches sufficiently serious to merit cancelling or postponing the Olympics.

It was the end of sport as an innocent pastime.

* * *

Losers: "A nation of losers," the *National Post* headlined on August 22. The article began "We are flailing at swimming, at track and field, at soccer, at rugby.

We are struggling at rowing, at skiing, at boxing, and even at hockey.

Each case is the result of a complex combination of factors. And everyone agrees it's not for lack of trying.

For some it's lack of government funding. Others decry the government's use of sport for social engineering."

Doug Fisher, dean of the Ottawa press gallery, writes on politics in *The Toronto Sun* and was one of the original thinkers behind the 1969 government task force on funding of sport. In the decade from 1969 to 1979, federal sport spending moved from \$3 million to \$50 million, and it inched to \$80 million by the 1990s.

As soon as Ottawa started funding national sports groups, the provinces quickly duplicated it for their provincial counterparts. Fisher estimates that there are 4,000 full-time sport bureaucrats in Canada. The hoped for increase in participation and medals didn't materialize.

Fisher estimates that over \$10 billion has been spent hosting international Games including the 1967 and 1999 Pan Ams, the 1976 Summer Olympics, two Commonwealth Games (1978 and 1994), the World University Games in 1981, 1988 Winter Olympics, etc.

More money will not deliver better results. It's a complex problem partially due to the tri-level sport bureaucracy, lack of school sports, no real athletic scholarships, lack of media interest in anything but professional sports, obsession with hockey.

* * *

Snubbed: Alex Baumann, considered a leading contender for Chief Executive of the Canadian Olympic

Association, certainly the athlete's choice, has not even been short-listed. Among those on the short list are a former Toronto SkyDome executive and a sport shoe industry executive. Baumann has been Chief Executive with Queensland Swimming in Australia and recently joined the Board of Australian Swimming.

* * *

Former skiing great Ken Read wrote in the *National Post* (August 31, 2001): "This is a prime example of what is wrong with Canadian sport. We don't need another bureaucrat or businessperson to administer sport. We need a leader. We need inspiration. We need new ideas. We need Alex Baumann and many more like him.

We need to call on our past heroes and put them into meaningful positions to inspire our athletes, draw attention to the shortcomings in our programs and build interest in corporate Canada."

* * *

A letter in the *National Post*, September 11, 2001 Heroes and CEOs: Kudos to Ken Read for his thoughtful observations concerning the CEO selection for the Canadian Olympic Association (We Need a Leader. We Need Baumann. Aug. 31). To say that Alex Baumann lacks Canadian business connections is to suggest that the major mandate of the Canadian Olympic Association is based on profit taking.

The COA is heading in the direction of other Canadian sport governing groups, which have excluded sports heroes with recognizable names from leadership positions. Amateur sport bureaucracy is largely responsible for the crumbling system of sports in Canada. The strength of the system has always been the athlete; perhaps the present leadership should take a closer look at other countries or even the way pro sports believe in the value and potential of their former athletes. The question that begs to be answered is: "Is the intention of the COA to create visibility and name recognition for the new CEO, or should the new CEO (with high visibility in the world of sport and community) re-establish the credibility of the COA?"

Dr. Jenő Tihanyi, School of Human Kinetics, Laurentian University, Sudbury, Ont.

CALENDAR

2001 CANADIAN

October

- 13-14 Grande Prairie Invitational
- 13-14 UCSA Fall Invitational
- 20 BC SR Circuit, Victoria
- 20-21 McMaster Invitational, Hamilton
- 20-21 Olympian SC 10&U, Edmonton
- 19-20 Toronto All Stars Sprints
- 20-21 SFU Clan Cup, New Westminster
- 25-28 Goldfin Invitational, Saskatoon
- 26-28 Trent Invitational, Peterborough
- 26-28 CAMO Invitational, Montreal
- 26-28 Harry Bailey Invitational, Saskatoon
- 26-28 Lethbridge Fall Invitational

November

- 2-4 Ontario SC Cup, Etobicoke
- 2-3 UBC Colleges Cup, Vancouver
- 3-4 Silver Tide Invitational, Edmonton
- 3-4 Nose Creek Invitational, Calgary
- 3-4 Hyack Invitational, New Westminster
- 9-10 Quebec Cup, Sherbrooke
- 9-11 Swim International, Brantford
- 9-11 Cascade Invitational, Calgary
- 9-11 Island Pacific Cup, Victoria
- 16-18 Burlington Invitational, ON
- 23-24 World Cup, Edmonton
- 23-25 Dartmouth Invitational, NS
- 24-25 SAMAK Invitational, Brossard
- 24-25 PPO Invitational, Montreal

December

- 30-2 Ontario SR Championships, Etobicoke
- 29-2 Prairie Winter Invitational, Winnipeg
- 1-2 Olympic Candy Cane, Edmonton
- 1-2 Cascade Challenge, Calgary
- 6-9 Youth Cup, NYAC at Etobicoke
- 7-9 MEGO Invitational, Trois-Rivieres
- 7-9 Bluewater Invitational, Sarnia
- 7-9 Kamloops Ice Classic, BC
- 7-9 Vancouver Island Regionals, Comox
- 8-9 Laser Invitational, Saskatoon
- 14-16 HIPPO Invitational, St-Hubert
- 14-16 Dash for Cash, Guelph
- 15-17 Jacobson Invitational, Vaughan
- 15-17 Olympian 10&U, Edmonton
- 15-17 LMRL Regional, Delta and SFU

2002

January

- 4-6 Trojan Invitational, Halifax
- 5-6 Ingersoll Invitational, ON
- 12 BC SR Circuit, Richmond
- 12-13 CNMN Invitational, Montreal-Nord
- 12-13 SAMAK Invitational, Brossard
- 12-13 Toronto Swim Invitational, ON
- 12-13 Perth Invitational, ON

- 12-13 BC Senior Circuit
- 18-19 Toronto All Stars Performance
- 18-20 Atlantic Championships, Wolfville
- 19-21 Canada West University Champs, Edmonton
- 19-20 Hyack Invitational, New Westminster
- 25-27 Quebec Cup, Sainte-Foy
- 25-27 Regina Invitational, SK
- 25-27 Leduc Invitational, AB
- 25-27 Alberta Marlin Invitational, Moose Jaw

February

- 1-3 Ontario LC Cup
- 1-3 New Brunswick SC Championships, Moncton
- 1-3 Quebec Cup, Sainte-Foy
- 1-3 BC Senior Championships
- 8-10 Central Region Champs, Etobicoke
- 7-10 Man-Sask Championships, Saskatoon
- 7-10 Alberta Senior Championships
- 21-24 Youth, Junior, SWAD Nationals
- 21-24 East-Etobicoke, West-New Westminster
- 23-24 Central Region Team Champs, Etobicoke
- 23-25 CIS Championships, Vancouver

March

- 28-3 Ontario JR Provincials, Brantford
- 1-3 Nova Scotia Championships, Antigonish
- 1-3 Quebec AG Championships, Trois-Rivieres
- 1-3 Sharks Invitational, Prince Albert
- 1-3 BC Age Group Championships
- 12-16 Spring Nationals Cwllth Trials, Winnipeg
- 16-17 EKSC White Bears, Edmonton
- 16-17 Lethbridge Invitational, AB
- 23-24 CAMO Invitational, Montreal

April

- 5-7 NB SC Team Championships, Fredericton
- 6-7 SAMAK Invitational, Brossard
- 6-7 Excalibur Invitational, Lethbridge
- 13 Etobicoke Pentathlon, ON
- 13-14 Laser Septathlon, Saskatoon
- 13-15 LMRL Invitionals, Vancouver
- 13-15 Chinook Invitational, Calgary
- 19-21 Trojan Invitational, Halifax
- 19-21 Ontario Team Championships Brantford (I), Sudbury (II), TBD (III)
- 19-21 Island Invitational, Victoria
- 26-28 Quebec Team Championships Sainte-Foy (I), St-Jean (II), Sherbrooke (III)
- 26-28 EKI International, Edmonton

May

- 3-5 Hicken Invitational, Etobicoke
- 4-5 Olympian 10&U, Edmonton
- 9-12 Hollandia Garden Invitational, London
- 9-12 ROW Invitational, Waterloo
- 9-12 Cascade NIKE Invitational, Calgary
- 9-12 Leduc Invitational, AB
- 9-12 AMAC Invitational, AB

2001 UNITED STATES

November

- 27-28 FINA World Cup, East Meadow, NY
- 29-1 U.S. Open, (25m) East Meadow, NY

2002

March

- 19-23 Spring Nationals, Minneapolis, MN
- 21-23 Women's NCAA Championships, Austin, TX
- 24 5K Open Water Nationals
- 28-30 Men's NCAA Championships, Athens, GA

May

- 17-19 US Grand Prix 1, Ann Arbor
- 25-27 10K-25K Open Water Nationals, Newport Beach, CA

June

- 6-9 US Grand Prix 2, Charlotte, NC
- 14-17 Mission Viejo Invitational, CA
- 21-23 US Disability Championships, Federal Way, WA
- 28-30 US Grand Prix 3, Santa Clara, CA

July

- 13-14 US Grand Prix 4
- 19-21 US Grand Prix 5

August

- 13-17 Summer Nationals
- 18 5K Open Water Nationals

December

- 5-7 U.S. Open, Minneapolis, MN

2001 INTERNATIONAL

November

- 16-18 World Cup 1, Rio de Janeiro, BRA
- 23-24 World Cup 2, Edmonton, CAN
- 27-28 World Cup 3, East Meadow, USA

December

- 2-3 World Cup 4, Shanghai, CHN
- 7-9 World Cup 5, Melbourne, AUS
- 13-16 European SC Championships, Antwerp, BEL
- 22-23 French Interclubs, Antibes

2002

January

- 18-19 World Cup 6, Paris, FRA
- 22-23 World Cup 7, Stockholm, SWE
- 26-27 World Cup 8, Berlin, GER

April

- 4-7 FINA World SC Champs, Moscow, RUS
- 15-21 National Championships, Chalon-sur-Saone, FRA

June

- 1-2 Mare Nostrum 1
- 8-9 Mare Nostrum 2

July

- 6-7 Coupe de France Finals, Millau
- 25-4 European Championships, Berlin
- 26-31 Commonwealth Games, Manchester, UK

August

- 25-31 Pan Pacific Champs, Yokohama, JPN

YOUNGER SWIMMERS HUNGRY FOR SUCCESS

DIFFICULT CONDITIONS WERE NOT CONDUCIVE FOR FAST SWIMMING

Nikki Dryden

ETOBICOKE—The swimming calendar looks a lot like a Thanksgiving dinner these days: too much to be healthy, but too good to turn down. Not only are there more meets in exotic destinations, but the meets themselves are growing longer; and it doesn't appear we're going to end the gluttony soon. So the sport and its athletes are learning how to balance eight-day meets, semi-finals, training camps in exotic locales, and the old staples of school and family. But it's not easy. Marianne Limpert fell ill en route to Japan for the recent World Championships, while Brian Johns, Mark Johnson, and Tobias Oriwal got sick returning home to Canada.

With that in mind, this summer's Canadian Nationals was a buffet of performances. Established stars added more titles, like Limpert (PDSA), Curtis Myden (UCSA), Mike Mintenko (PDSA), Mark Versfeld (PDSA), and Rick Say (UCSA) who even managed to set a new record, being the first Canadian male to sweep the 100, 200, 400, and 800 freestyles at Nationals. But all these veterans were considerably over their best times. Even the hottest swimmer of the moment, Jennifer Fratesi (ROW) swam "off" events, opting to just "have some fun."

But regardless of the realities presented to the country's top swimmers, and the not-so-perfect racing conditions (a deadly heat wave and steamy pool deck coupled with dismal indoor lighting), there were still



1500 free winner Danielle Bell, Island Swimming

Marco Chiesa

some exciting races and some eager new swimmers hungry for success.

Audrey Lacroix, Riley Janes, Taryn Lencoe, Mike Brown, Laura Pomeroy, Matt Rose, Keith Beavers, and Jennifer Porenta: if you haven't heard these names before, take out a pen and paper and start memorizing because like the class before them, these kids have been tagged as the next group of swim stars in Canada. And although their swimming heroes

were fighting sickness and exhaustion from their recent trip to Japan, these kids were in Etobicoke to swim their best.

In the women's 1500, Danielle Bell of Island continued her hold over women's distanceswimming, winning in a best time of 16:52.29. The silver medal went to 15-year-old Taryn Lencoe of the Pacific

Dolphins, who swam a 17:01.46, a personal best of 24 seconds from this summer in Santa Clara, and over a 30-second drop from winter nationals.

Taryn is coached by Kelly Taitinger, PDSA's age group coach, who for years has been developing some of the club's fastest and freshest talent. Over the summer months Taryn was able to train with her older experienced teammate, Olympian Tim Peterson. "I got to train with Tim for about two months while everyone was away at Worlds," says Taryn. "It was just the two of us in the distance lane." It certainly did not hurt the precocious teen who was quite excited after winning her first national medal. "I went into the race knowing I could get a medal, but I knew I had to really push myself because I was pretty nervous tonight, I look at those girls [Bell, and third place finisher Karley Stutzul of Island] as the 'big guys' so it was a bit scary." Taryn was sixth in the 800 free, which was won by Lindsay Beavers in an 8:51.18, and keep your eye on eighth-place finisher 14-year-old Bevan Haley of the Tritons.

In the men's 800, Rick Say took it out in 55.1, only to drop his pace off steadily with each hundred. Say was several body lengths ahead of fellow Olympian Andrew Hurd of Mississauga at the 400, but Say slowed decisively and Hurd reeled him in. Although flipping within one second of Say at the 700, Hurd was unable to catch Say, who put on some speed in the last 100, with a final lap of 59.7 to finish in an 8:09.56.



Three in a row for 200 fly winner Adam Sioui, TRENT

Marco Chiesa



200 breaststroke winner Michael Brown, PERTH

Marco Chiesa

Hurd's time of 8:11.22 was well off his best of 8:00, however Hurd has been struggling to regain his form after an ankle sprain just weeks before World Championships. Hurd did manage a win in the 1500, with a 15:40.76.

In the women's 100 free, Marianne Limpert was out for vengeance after Laura Nichols broke her Canadian record last June. But after average heat and semi times, neither woman was able to get down into the 55s. Nichols won in a 56.46 to Limpert's 56.75.

| Rating Summary of Top Performances | | | |
|------------------------------------|-----|---------|-------------------------------------|
| 1) | 984 | 52.85 | 100 fly M Michael Mintenko,25,PDSA |
| 2) | 980 | 25.79 | 50 back M Riley Jones,21,ESWIM |
| 3) | 976 | 2:01.67 | 200 im M Curtis Myden,27,UCSA |
| 4) | 972 | 29.17 | 50 back W Jennifer Carroll,20,CAMO |
| 5) | 963 | 1:02.31 | 100 breast M Morgan Knabe,20,UCSA |
| 6) | 960 | 26.14 | 50 back M Mark Versfeld,26,PDSA |
| 7) | 956 | 1:49.60 | 200 free M Rick Say,22,UCSA |
| 8) | 955 | 2:01.04 | 200 free W Jessica Deglau,21,PDSA |
| 9) | 954 | 24.55 | 50 fly M Thomas Kindler,21,CAMO |
| 10) | 954 | 2:01.12 | 200 back M Trent Staley,19,USA |
| 11) | 952 | 2:15.78 | 200 im W Marianne Limpert,28,PDSA |
| 12) | 951 | 26.30 | 50 back M Gord Veldman,22,EBSC |
| 13) | 950 | 2:16.16 | 200 breast M Michael Brown,17,PERTH |

Three teens rounded out the final and could one day clash for preeminence if they continue to improve. Teammates Laura Pomeroy and Jennifer Portenta of the Toronto Allstars were sixth and seventh, while Olympian Jenna Gresdal of Etobicoke was eighth. In the 50, it was the same group of young sprinters challenging Nichols for the title of Canada's fastest woman. Pomeroy tied with Nichols in a speedy 26.03 for the win, Gresdal was third, and Portenta was fifth.

Although it seems like yesterday that Jessica Deglau was the youngest member of the Canadian Olympic Team in Atlanta, this 21-year-old is now a seasoned veteran who continues to win despite continual attempts by many to knock her off the top of the podium. Deglau won the 200 and 400 free as well as her specialty the 200 fly, but not without a hard-fought battle with CAMO's Audrey Lacroix. Deglau led from the gun, building her lead lap by lap to turn almost one and a half seconds ahead of Lacroix at the 150. But the young sprint specialist was

not going to settle for second that easily. Lacroix moved in on Deglau as the two powered to the wall. Deglau reigned supreme once again, winning in 2:11.10, while Lacroix dropped her personal best by a second to finish in 2:11.36.

Lacroix took the yellow jersey later in the competition when she beat Deglau in the 100 fly. At Worlds, Lacroix broke Jessica Amey's five-year-old record in this event, but her time in Etobicoke of 1:00.97 was off her record time of 1:00.20 from Japan. "I felt anxious to get the record again and my technique suffered," said Lacroix. "I did a 1:00.75 in the prelims and it felt easy so I was really putting pressure on myself to swim faster." While Deglau hit the pads in 1:01.65, another young standout, 18-year-old Elizabeth Collins of Regina, was third in 1:01.75.

The men's 200 fly saw some newcomers to the event. Brian Johns (RAPID) and Mike Mintenko, Olympians in other events, both decided to give the eventual winner, Adam Sioui of Trenton, a fight for the belt. Sioui won in 2:00.78, after chasing down early leader Mintenko. In the final metres, Johns was also able to mow down the "Tank," and the two Vancouver teammates finished in best times of 2:01.24 and 2:01.79. Sioui's win was his third in a row. (Summer 2000, Spring 2001).

The women's 400 IM has given us some exciting races over the past decade. In recent memory it was Nancy Sweetnam and Joanne Malar, then last summer is was Liz Warden of Toronto, Carrie Burgoyne of Calgary, and Kelly Doody of Vancouver who raced to exhaustion for a spot on the Canadian Olympic

Combined Team Scores

| | | | |
|----|--------------------------------|-------|----------|
| 1 | Pacific Dolphin Swim Assoc | PDSA | 1,321.50 |
| 2 | Univ. Of Calgary Swim Assoc | UCSA | 1,028.00 |
| 3 | Toronto All-Stars | TO | 669.50 |
| 4 | Club Aqualique de Montreal | CAMO | 660.00 |
| 5 | Region of Waterloo | ROW | 332.00 |
| 7 | Universite Laval | UL | 296.00 |
| 8 | Univ. Of Alberta Swim Centre | UASC | 254.00 |
| 10 | Island Swimming | IS | 228.50 |
| 11 | Manta Swim Club | MANTA | 220.00 |
| 12 | Oorado Stars | STARS | 192.00 |
| 13 | Etobicoke Swimming | ESWIM | 179.00 |
| 14 | CFB Trenton Dolphins Swim Club | TD | 100.00 |
| 15 | Trent Swim Club | TRENT | 97.00 |

Men's Team Scores

| | | | |
|----|--------------------------------|-------|--------|
| 1 | Pacific Dolphin Swim Assoc | POSA | 730.50 |
| 2 | Univ. Of Calgary Swim Assoc. | UCSA | 690.00 |
| 3 | Toronto All-Stars | TO | 387.50 |
| 4 | Club Aqualique de Montreal | CAMO | 267.00 |
| 5 | Univ. of Alberta Swim Centre | UASC | 163.00 |
| 6 | Universite Laval | UL | 149.00 |
| 8 | CFB Trenton Dolphins Swim Club | TO | 100.00 |
| 9 | Trent Swim Club | TRENT | 97.00 |
| 10 | Island Swimming | IS | 93.50 |

Women's Team Scores

| | | | |
|----|------------------------------|-------|--------|
| 1 | Pacific Dolphin Swim Assoc | PDSA | 591.00 |
| 2 | Club Aqualique de Montreal | CAMO | 393.00 |
| 3 | Univ. Of Calgary Swim Assoc. | UCSA | 338.00 |
| 4 | Toronto All-Stars | TO | 282.00 |
| 5 | Region of Waterloo | ROW | 242.00 |
| 7 | Manta Swim Club | MANTA | 220.00 |
| 8 | Universite Laval | UL | 147.00 |
| 10 | Island Swimming | IS | 135.00 |

Team. This year, Warden and Burgoyne were joined by Dena Durand (UCSA) and Marianne Limpert.

Durand qualified in lane four for finals and was first to finish the fly leg of the race, followed closely by training partner Burgoyne. Warden showed her superior backstroke skills (she also won the 200 back in a best time of 2:14.02) by taking a body-length lead heading into the second half of the race, with Burgoyne holding on to second just ahead of Limpert. Not known for the 400 IM, Limpert moved into second place on the breaststroke leg but was almost 3 seconds behind Warden, who split a 1:22 breast leg. In a gusty final 50, Limpert was able to catch Warden under the flags, and the two lunged for the wall together. But it was not to be for Limpert, who fell just shy of winning her first 400 IM National title. Warden won the race with 4:48.57 to Limpert's 4:48.87. Burgoyne finished third with 4:54.42.

Limpert decided to race the 400 for pure enjoyment, but afterwards agreed with Warden that it's hard to feel good after a 400 IM. "I like to race," said Limpert, "So I was trying to catch Liz, but 3 seconds is a lot to make up, and she just got the touch." Warden admitted that she never saw Limpert until the end. "I didn't see her for the whole race and there she was on the last 50!"

In the men's 400 IM, Keith Beavers of the Dorado Stars won handily with a 4:24.41. Mississauga swimmer Chuck Sayo and Chad Murray of Calgary followed him in 4:25.88 and 4:27.11 respectively. These three men, as well as fourth- and fifth-place finishers Kurtis MacGillivray of ROW and Trent Staley of Thunder Bay, are among the new crop of young teens battling for IM domination. Although Olympic triple bronze medallist Curtis Myden is still swimming, he has been focusing on the 200 IM this past year. Watch out for Staley, who is also a fine backstroker; he won the 200 back in a best time of 2:01.12.

In the women's 200 breast, two-time Olympian Christin Petelski (Island) won with 2:31.88 over fellow Olympian Rhiannon Leier (MANTA). Leier had a better swim in the 100, clocking 1:09.82, just off her best time from this year's Worlds. In that same event, teens Tamara Wagner of Waterloo and Annamay Pierson of Edmonton both posted personal best times of 1:11.78, and 1:11.99 to round out the podium.

Morgan Knabe is Canada's top breaststroker. Knabe won the 100 breast in Etobicoke after placing fifth in the event at the World Championships, but that



Keith Beavers, STARS, won 400 IM.

Marco Chiesa

didn't stop Mike Brown of Perth from upsetting the defending champion in the 200. Although the trend for the meet was to swim fast only in finals, 17-year-old Brown showed he was ready by posting a 2:16.82 in the heats. He dropped his time to a 2:16.16 to defeat Knabe and win his first National Title.

"It feels really good to show that I can be on top of the podium too," said Brown, who has trained with the Perth Stingrays since he started swimming at age seven. "All I could think about on the last turn was to head for the wall as fast as I can." Brown picked up silver in the 100 breast as well.

Riley Janes (ESWIM) reclaimed the Canadian record in the 50 back. Fresh from a sixth-place finish at Worlds, Janes clocked a 25.79 to better the 25.81 standard set by Chris Renaud of Calgary. "It's about time I got the record back," said Janes. "I came close at Worlds but the difference here was the pool. The blocks are a little lower and a little wider and that helps my start a lot."

Janes has been swimming for Texas A&M University for the last few years, where he has honed

his speed racing in the fast NCAA. Because of the scheduling of the Canadian World Trials, Janes was only able to swim the 50 back before heading off to NCAAs. Luckily for Janes he was not a girl. Canadian Trials were scheduled directly in conflict with women's NCAAs, leaving several women out of the Trials altogether.

Janes' Texas A&M teammate, Matt Rose (TRENT), was first in the 50 freestyle, fourth in the 50 back, and seventh in the 50 fly. It is apparent that this 20-year-old has some real speed that is being sharpened down south in the NCAA.

The freestyle dominance of the Pacific Dolphins is apparent in the relays. With the luxury that comes with such depth, the Dolphins can mix up their relays in order to get as many teams in the finals. In the women's 4x200, PDSA placed first, third, and sixth, and had their four fastest girls been on the "A" team, their cumulative time would have smashed the Canadian Club Record by two seconds. In the men's 4x100 free relay, PDSA finished first, third, and eighth, with the winning team breaking the club record by 0.17. If they had forgone the record attempt and mixed the two teams, they could have gone one-two.

CAMO women emerged as a new force in the women's relays. They won the 4x100 free and medley relays, aided by world championship teammates Audrey Lacroix and Jennifer Carroll, and Olympian Nadine Rolland.

Rick Say, with four golds, and Jessica Deglau, with three wins, were named the top male and female swimmers of the meet. "I was feeling pretty tired and I did much better than expected," said Say about the competition. "I just wanted to go out this week and have some fun because I didn't swim as well as I wanted in the individual events at the Worlds. This [success] is unexpected because I wasn't focused on this meet." Mike Mintenko's 52.85 in the 100 fly was the high-point swim of the meet, while the Pacific Dolphins continued their supremacy in Canadian swimming by sweeping the women's, men's and overall team titles.

The chlorine won't be gone from these swimmers'



Distance winner Andrew Hurd, MSSAC

Marco Chiesa

skin for long. Chuck Sayo and Andrew Hurd are heading off to the World Student Games in Beijing. Let's hope they learn the winning ways of this future Olympic city. Six swimmers, including Marianne Limpert and Mike Mintenko, are flying back Down Under, this time to Brisbane for the Goodwill Games. This Canadian contingent will compete for the World Team. Here's to their medal haul on the Aussie Gold Coast.

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Semi finals Jul 25
1) 26.10 Inge de Bruijn, 73, NED
2) 26.18 Therese Alshammer, 77, SWE
3) 26.56 Anna-Karin Kammerling, 80, SWE
4) 26.64 Natalie Coughlin, 82, USA
5) 26.78 Petria Thomas, 75, AUS
6) 26.87 Karen Egdal, 78, DEN
7) 27.05 Ditylia Jedrzejczak, 83, POL
8) 27.10 Yi Ruan, 81, CHN
9) 27.12 Urska Slapsak, 72, SLO
10) 27.15 Alison Sheppard, 72, GBR
11) 27.17 Junko Onishi, 74, JPN
12) 27.18 Mary Descenza, 85, USA
14) 27.46 Natalia Soutiaguina, 80, RUS
15) 27.49 Fabienne Dufour, 81, BEL
16) 27.69 Elena Poptchenko, 79, BLR

200 METRES BUTTERFLY Jul 23
1) 2:06.73 Petria Thomas, 75, AUS
2) 2:06.97 Annika Mehthorn, 83, GER
3) 2:08.52 Kaitlin Sandeno, 83, USA
4) 2:09.08 Yuko Nakanishi, 81, JPN
5) 2:09.57 Mette Jacobsen, 73, DEN
6) 2:10.11 Eva Risztov, 85, HUN
7) 2:10.42 Mireia Garcia, 81, ESP
8) 2:11.09 Shelly Ripple, 80, USA

400 METRES IND. MEDLEY Jul 22
1) 4:36.98 Yana Klochkova, 82, UKR
2) 4:39.06 Maggie Bowen, 80, USA
3) 4:39.33 Beatrice Coada-Caslaru, 75, ROM
4) 4:41.64 Hui Di, 85, CHN
5) 4:43.13 Kaitlin Sandeno, 83, USA
6) 4:44.77 Nicole Hetzer, 79, GER
7) 4:48.47 Tomoko Hagiwara, 80, JPN

800 METRES IND. MEDLEY Jul 27
1) 2:11.93 Maggie Bowen, 80, USA
2) 2:12.30 Yana Klochkova, 82, UKR
Rating Summary of Top Performances
1) 1031 1:44.06 200 free M F Ian Thorpe, 82, AUS
2) 1027 14:34.56 1500 free M F Grant Hackett, 80, AUS
3) 1022 7:04.66 4x200 free M F Australia, AUS
4) 1021 23.44 50 fly M S Geoff Huegill, 79, AUS
5) 1019 59.94 100 breast M S Roman Sloudnov, 80, RUS
6) 1015 1:54.58 200 fly M F Michael Phelps, 85, USA
7) 1015 30.84 50 breast W F Xuejuan Luo, 84, CHN
8) 1013 23.57 50 fly M F Lars Frolander, 74, SWE
9) 1012 24.45 50 free W S Inge de Bruijn, 73, NED
10) 1010 23.62 50 fly M F Mark Foster, 70, GBR

600 METRES IND. MEDLEY Jul 23
1) 2:07.91 Petria Thomas, 75, AUS
2) 2:08.37 Annika Mehthorn, 83, GER
3) 2:10.75 Jessica Deglau, 80, CAN
4) 2:10.87 Kaitlin Sandeno, 83, USA
5) 2:11.07 Eva Risztov, 85, HUN
6) 2:11.15 Mireia Garcia, 81, ESP
7) 2:11.27 Mette Jacobsen, 73, DEN
8) 2:11.45 Yuko Nakanishi, 81, JPN
9) 2:11.61 Georgina Lee, 81, GBR
10) 2:11.76 Shelly Ripple, 80, USA
11) 2:11.87 Elizabeth Van Welie, 79, NZL
12) 2:12.03 Asako Kitada, 83, JPN
13) 2:12.25 Petra Zahri, 81, AUT
14) 2:12.35 Sophia Skou, 73, DEN
15) 2:12.94 Audrey Lacroix, 83, CAN
16) 2:13.66 Irina Beshpalova, 81, RUS
17) 2:14.24 Vered Borochovski, 84, ISR
18) 2:14.69 Nicole Hunter, 84, AUS
19) 2:15.73 Yi Ruan, 81, CHN
20) 2:18.24 Mirjana Bosesvska, 81, MKD
21) 2:19.27 Christel Bouwrn, 84, SIN
22) 2:19.33 Anna Kopatchenia, 80, BLR
23) 2:19.81 Marelisa Yezep, 79, ECU
24) 2:19.90 Natalia Roubina, 84, CYP

AUSTRALIA WINS MOST GOLDS, USA MOST MEDALS

THORPE STARS WITH FOUR OF EIGHT WORLD RECORDS

Nick J. Thierry

FUKUOKA—The 9th FINA World Championships was a great swimming competition, with 8 world records and an Australian win over the USA in gold medals (13 to 9), although the USA claimed 26 total medals to 19 for the Aussies.

With the point system used, the USA, with 847 points, beat out Australia with 788. Canada earned 8 points. This point system was designed in the era of A and B finals, and has not been updated now that semifinals have been introduced. So scoring included the top eight finalists as well as the semifinalists from 9th to 16th.

The men's FINA Trophy (top individual performers) was awarded to Ian Thorpe for his three individual wins, his fourth in the 100 free, and bonus points for three world records, for a total of 22 points. Inge de Bruijn (NED) won the women's FINA Trophy with 15 points for three individual wins. Points are awarded 5-3-2-1 with a bonus of 2 for a world record.

There were 48 World Championship records in 40 events (up from 32 events in 1998). Continental records were bettered as follows: Africa 1, Americas 8, Asia 21, Europe 14, and Oceania 10.

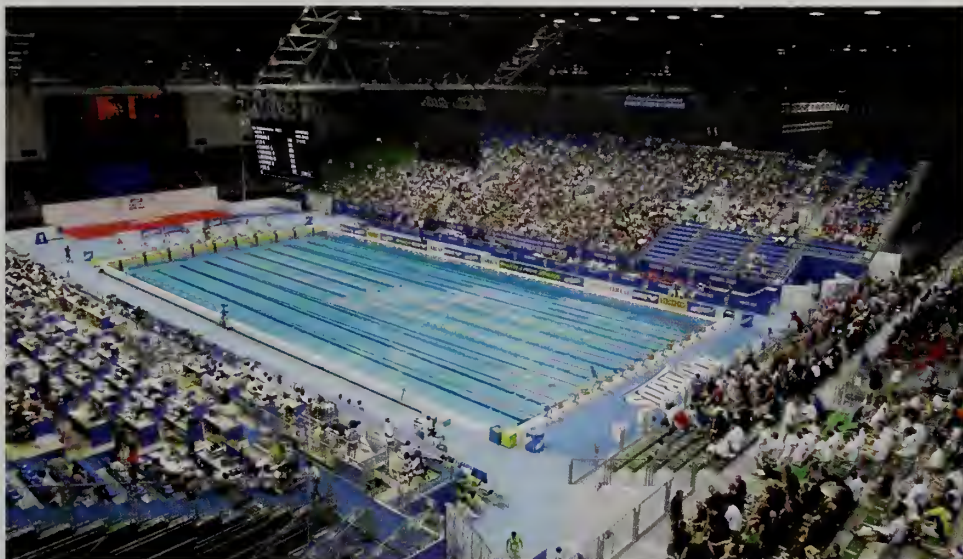
A total of 1498 competitors from 134 National Federations took part in the five disciplines of Open Water (104), Diving (146), Synchronized (166), Swimming (720) and Men's (209) and Women's (153) Water Polo.

The swimming events were held in the Marine Messe, an indoor multi-purpose facility. The temporary 50-m pool with 10,000 seats on three sides cost US \$4 million for the two-week period.

The Seiko timing system used for swimming had some faulty touch pads and caused controversy throughout the eight days of the competition.

Men's events were faster than the women's, with all the world records set by the men. Australia swept the men's relays (a first) and won two of three of the women's relays, although subsequently disqualified in the 4x200 free for a post-race infraction (jumping into the pool before all teams had finished).

Australia's Ian Thorpe and Grant Hackett are in a class of their own and should dominate their events as long as they want. Countries that did poorly at last



Biggest ever indoor temporary pool with seating for 10,000

Patrick Kramer

year's Olympics—Great Britain (no medals) and Germany (three bronze medals)—made huge improvements. GBR had 7 (1-2-4) and GER 15 (3-6-6). Michael Phelps (USA), already the youngest male world-record holder at 16, bettered the record again

in winning the 200 fly. Thorpe, Hackett, and Phelps are products of strong club programs, and each has been with one coach since they started in the sport.

Canada missed out on a medal in the pool, not for the first time, as they also had none in 1994. But they had finalists in six individual men's events and two of three relays, both in record swims. The women only had two individual finalists and two out of three relays. The top Canadian performance was by rookie Jennifer Fratesi, 17, with a fourth-place finish in the 200 backstroke, just 11/100ths of a second out of a medal. Canadian records were bettered 11 times in 6 events. The party line was "we're rebuilding," but most of the best from last year's Olympic team, with one exception, was at these World Championships.

The next Worlds will be in Barcelona in 2003, with Montreal chosen to host the 2005 championships. The Worlds started in 1973 and have been held on a four-year cycle (except for the first three, held every two years). But from 2001 onwards, they will be held every two years, with the short-course Worlds in between, every two years.

Montreal's successful bid was based on a unified site for all five disciplines on St-Helen's Island (site of the 1967 World Exposition) and will consist of outdoor pools for swimming, synchro, diving, water polo, with the open water races in the 1976 Olympic rowing basin. The tentative dates are late July 2005.

SWIMMING MEDALS TOTALS

| | Gold | Silver | Bronze | Total |
|--------------|-----------|-----------|-----------|------------|
| AUS | 13 | 3 | 3 | 19 |
| USA | 9 | 9 | 8 | 26 |
| GER | 3 | 6 | 6 | 15 |
| NED | 3 | 4 | 0 | 7 |
| UKR | 3 | 1 | 0 | 4 |
| CHN | 2 | 2 | 3 | 7 |
| ITA | 2 | 2 | 2 | 6 |
| SWE | 1 | 3 | 2 | 6 |
| GBR | 1 | 2 | 4 | 7 |
| RUS | 1 | 2 | 3 | 6 |
| ROM | 1 | 1 | 2 | 4 |
| HUN | 1 | 0 | 1 | 2 |
| AUT | 0 | 2 | 0 | 2 |
| ISL | 0 | 1 | 1 | 2 |
| SUI | 0 | 1 | 0 | 1 |
| POL | 0 | 1 | 0 | 1 |
| CRC | 0 | 1 | 0 | 1 |
| JPN | 0 | 0 | 4 | 4 |
| RSA | 0 | 0 | 1 | 1 |
| TOTAL | 40 | 41 | 40 | 121 |

RUSSIA EDGES ITALY BY NARROW MARGIN

PAMPANA'S DISQUALIFICATION COSTLY

A total of 104 athletes took part in the open water swimming competition, representing 30 different nations. The 5 km event was held on July 16, followed by the 10 km event on July 18 and the 25 km event on July 21, all starting from Momochihama Beach and swimming in Hakata Bay.

The 5 km race consisted of a 2.5 km swim towards Nokonoshima Island, a turn around the buoy, and then the return. The 10 km race was two trips around the 5 km course. In the 25 km course, participants swam around Nokonoshima Island (about 12 km) and returned to the starting point.

5 km Event

The Italians dominated the 5 km event as Alina Valli (ITA) and Luca Baldini (ITA) won their races decisively. A third-place finish by Marco Formentini (ITA) capped a nearly perfect day in the hot and humid conditions.

The 29-year-old Valli avenged her third-place finish at the 5 km Open Water World Championships in Honolulu, Hawaii, last year by finishing 26 seconds ahead of Peggy Busche (GER), the winner in Honolulu. A confident Valli said, "I felt like I made a couple of mistakes, but it was a competition against myself, and I was sure that I could win when I reached the first 300 m." Hayley Lewis (AUS) was a mere three seconds behind Busche as she captured the bronze medal. Lewis moved up to open-water events after a successful competitive career in the pool, including three Olympics and a world championships for the 200 free in 1991.

The two Italian men grew up on the Mediterranean shores near Genoa and spent most of their lives in the sea. They train for open water swimming almost exclusively, which perhaps explains their success. Baldini's time of 55:37 was nearly a minute faster than that of the silver medalist Evgueni Bezroutchenko (RUS). Baldini, like Valli, also placed third in Honolulu last year. "I didn't have a plan," Baldini said. "But at the first buoy, I tried to make a gap between me and the other swimmers, and then I just kept going." Formentini, in third, said, "I was satisfied with the result because I am 31 years old and this was my last chance to win a medal."

10 km Event

The sun really did shine on the Russian athletes on

this day at Momochihama Beach as they captured one gold and two silver medals in the men's and women's 10 km events. The powerful Evgueni Bezroutchenko (RUS) crossed the finish line just ahead of his teammate Vladimir Diattchine (RUS). Peggy Buchse (GER), who was second in the 5 km race, easily outpaced Irina Abysova (RUS) for the women's 10 km gold. Bezroutchenko and Abysova are both coached by three-time world champion Alexei Akatiev.

Two Australians, a Syrian, a Frenchman, and a New Zealander were an unlikely collection of athletes to be leading the race, but it was early, with little more than one quarter of the race under their belt. Stephan Lecat (FRA) and Mark Saliba (AUS) took turns leading the race for the next hour, matching each other stroke for stroke and sizing each other up with each breath. The Russians and Italians had been in the middle of the pack throughout, always within striking distance, conserving their energy. "My strategy was to stay with the crowd the whole time and move in front at the final point, then lead the race with the best of my ability," said a proud Bezroutchenko, who had collected a silver medal in the 5 km event.

At the 7500 metre mark, Fabio Venturini (ITA) broke from the pack and was trailed by Bezroutchenko, Diattchine, and Samuel Pampana (ITA). Several loud whistle blasts from the referee indicated that the swimmers were being scolded because they were drafting off each other. Additionally, Pampana had been warned by the referee to avoid bodily contact with other swimmers and was threatened with disqualification for intentional interference of another swimmer. With less than 300 metres to go, the referee confirmed what Diattchine already knew, that Pampana had been punching or slapping the smaller Russian with each stroke he took. The referee made the decision to disqualify Pampana from the race but the two Russians and the two Italians were unaware of his decision. All four athletes sprinted to the finish line and each pounded the banner marking the end of the race until the banner fell into the water, unable to take further punishment until it was rehung by the officials.

Venturini told the media, "This is a bittersweet medal, it obviously belonged to Pampana." Italian team officials filed a protest with the referee, but the decision was upheld. The Italians then took their

protest to the jury of appeals, the FINA Bureau, which upheld the earlier decision.

In the women's event, Buchse added the 10 km gold medal to the silver medal she earned in the 5 km event. "I can't believe I actually won. I was not in the leading pack, but I remembered that my coach told me to speed it up in the last 1500 metres. I felt that I had a chance to win when I got ahead of Van Dijk (NED)."

Van Dijk said, "I wasn't confident about getting a medal, the group stayed together so long and it was difficult to get out. In the last 900 metres, I knew that whatever happened, I would get a medal." Van Dijk was the winner of both the 10 km and the 25 km events at the 2000 World Championships in Honolulu, Hawaii, last November.

Silver medalist Abysova had placed 8th in the 10 km event in Honolulu last November, just one month after the death of her longtime coach. She joined the training group coached by Akatiev and believed that her best event would be the 5 km, but placed only 10th.

Karley Stuzel (CAN) was fourth, moving up from 10th at last year's championships. She was less than a minute from a medal. She finished 19th in the 5 km event. Stuzel was in the lead for part of the race and swam a very hard race.

25 km Event

Since 1991, when open water was included in the program of the World Championships, the winner's time was about five hours. But during the coaches' inspection of the race, the most experienced observers predicted that the race would be harder and would take more time than ever. They were right. The warm temperature (32 c) didn't help either.

Right from the start, Christopher Wandratsch (GER) and Yury Kudinov (RUS) tried to take the lead, but it wasn't easy. The other swimmers didn't let them get ahead. There is a particularity of long races: if you swim alone, far from the others, you feel more confidence and the swim itself is not too hard. But if the group is just behind, you feel like you are carrying the whole race on your own shoulders. Eventually Wandratsch and Kudinov fell back to swim in the middle of the pack.

At the first 2.5 km buoy, Hiroki Hikida (JPN) led the race. At 7.2 km, Kudinov went temporarily into the lead, but then fell back again, leaving Mark Leonard (USA) and Stefan Lecat (FRA) in the lead. With 2 hours and 40 minutes elapsed, 20 athletes reached the midpoint of the race all together. It was still impossible to say who had the best chance to win a medal.

Experienced long-distance swimmers say that the marathon starts after the 22nd kilometre.

Kudinov picked up the pace after 23 km. He

TWO GOLDS FOR THORPE

Swimming got underway on the seventh day of the championships. And Ian Thorpe (AUS) got things underway with a world record in the 400 free and a winning anchor leg in the 4x100 free.

Men's 400 Freestyle

Ian Thorpe (AUS) nibbled away at his world record by slowing down the first three hundred metres and then turning on his incredible finishing kick to slip under his old record by 42/100ths of a second. The new time of 3:40.17 bettered his Olympic winning time of 3:40.59.

A comparison of the splits:

| | | | | |
|------|-------|--------------------|--------------------|--------------------|
| 2000 | 52.64 | 1:48.86 (56.22) | 2:45.09 (56.23) | 3:40.59 (55.60) |
| 2001 | 53.81 | 1:50.44 (56.67) | 2:46.39 (55.95) | 3:40.17 (53.78) |

Thorpe remains unbeatable when allowed to swim his race plan. The strategy of slowing the front end of the race and then having a stronger finish is physiologically sound, as it leads to better distribution of the effort. Most record improvements now come from this type of swim.

Grant Hackett (AUS) was at his best. In the morning prelims, his 3:44.88 qualified first and tied his personal best. He improved on that by over two seconds to 3:42.51. He turned first at the 100 but let Thorpe move into the lead and was never able to challenge again.

Emiliano Brembilla (ITA) surprised Massimiliano Rosolino (ITA) with a well-paced race to come from behind and claim the bronze in the last 100. Brembilla swam 3:45.11, a personal best, and Rosolino placed fourth in 3:45.41.

Thorpe was happy. "My initial reaction when I looked at the scoreboard was to laugh. I was in the 3:40s and I was hoping to do better. Anyway, I am very pleased with my overall performance.

"I expected to go faster. My main goal is always to progress." On the local fan support: "I noticed the large number of fans here. I didn't expect to have so many outside of Australia."

When told that Michael Klim said Thorpe is Australia's greatest swimmer, Thorpe responded: "I can't say that. I don't think I have reached my limits. A lot of people think that, but we have to let the time go on and then decide. Michael is a good friend. It is really a privilege to be on the same team."

Hackett commented on the race: "I feel that I

should have started the kick a little bit earlier. I wasn't sure what the swim would be like. I'm hoping to do better in my longer events. Thorpe and I discussed tactics as to how we go to go. I think my 400 is still my weakest event."

For Brembilla, it was a return to the podium. "I have to be satisfied, the Australians are just too strong. The medal means a lot psychologically for me and for my future in swimming. This was much better than what I expected. I have more races and hope to do even better."

Women's 400 Individual Medley

Yana Klochkova (UKR) is entirely in her own class in this event. Her mastery of all the strokes has no current challengers.

Maggie Bowen (USA) and Beatrice Caslaru (ROM) swam personal bests and raced each other for the remaining medals. Bowen got second because she had the better freestyle leg. Caslaru, well back at the 200, moved to second after the breaststroke leg, but Bowen's freestyle was two seconds faster. Bowen finished second with 4:39.06 and Caslaru third with 4:39.33.

Klochkova, the world record holder and Olympic champion, said "This is my first world championships gold (she won a silver in 1998). I had a hectic

schedule after the Olympics, but everything has been perfect here in Japan.

"I like being in the water, I feel it almost as a natural environment for me to be in. This gold I got thanks to my coach (Nina Khozukh), who is really a great expert. This is just the beginning for me."

Maggie Bowen said: "I worked really hard for this—lots of distance work, and between four to seven hours of daily training. Yana was really tough and it was hard to keep up with her. After this morning, I thought I could win a medal. I did my best and I am happy with the result."

Caslaru said: "It's not exactly how I wanted to swim, but in the end it was O.K. I got the medal." It was her first time under 4:40.

Men's 4x100 Freestyle Relay

Australia made it two in a row—they beat arch-rival USA for the second consecutive year.

It was a stroke-for-stroke battle for the first three legs. But when Ian Thorpe swam the anchor, it was all over for the Americans. Thorpe's anchor was 47.87, to give Australia the gold with a time of 3:14.10.

The USA finished second but were disqualified for swimming a different order than submitted on the official entry card. That moved the Netherlands into second, with a European record time of 3:14.56. Of note was Pieter van den Hoogenband's anchor leg of 47.02, the fastest ever. Germany picked up the bronze with 3:17.52.

Thorpe commented on the relay: "I feel satisfied when I reach my goals. Today I swam well, so I'm happy. In terms of pleasure, the relay win is much more emotional. It was in this relay that I won my first international medal and my first Olympic title. I feel proud to be Australian and to be part of a team like this."



400 individual medley winner Yana Klochkova

Patrick Kramer

TWO GOLDS FOR AUSTRALIA AND GERMANY

WORLD RECORD FOR SLOUDNOV IN SEMIFINALS

Thorpe, on van den Hoogenband's split: "It's amazing and shows that he is ready for the 100 free. I believe I am also well prepared for the next days. I felt very well tonight."

Records after one day of competition: 1 World, 3 Championship, 2 Asian, 1 European.

400 FREESTYLE RECORD CHRONOLOGY

| | | |
|------------------------|------------------------|--------------------------|
| 4:27.0 | Murray Rose, AUS | Melbourne, Oct. 27, 1956 |
| At the end of 1960 | | |
| 4:15.9 | John Konrads, AUS | Sydney, Feb. 23, 1960 |
| At the end of 1970 | | |
| 4:02.6 | Gunnar Larsson, SWE | Barcelona, Sep. 7, 1970 |
| At the end of 1980 | | |
| 3:50.49 | Peter Szmidt, CAN | Etobicoke, Jul. 15, 1980 |
| All subsequent records | | |
| 3:49.57 | Vladimir Salnikov, URS | Moscow, Mar. 12, 1982 |
| 3:48.32 | Vladimir Salnikov, URS | Moscow, Feb. 19, 1983 |
| 3:47.80 | Michael Gross, FRG | Wuppertal, Jun. 27, 1985 |
| 3:47.38 | Artur Wojdat, POL | Orlando, Mar. 25, 1988 |
| 3:46.95 | Uwe Dassler, GDR | Seoul, Sep. 23, 1988 |
| 3:46.47 | Kieren Perkins, AUS | Canberra, Apr. 3, 1992 |
| 3:45.00 | Evgeni Sadovyi, EUN | Barcelona, Jul. 29, 1992 |
| 3:43.80 | Kieren Perkins, AUS | Rome, Sep. 9, 1994 |
| 3:41.83 | Ian Thorpe, AUS | Sydney, Aug. 22, 1999 |
| 3:41.33 | Ian Thorpe, AUS | Sydney, May 13, 2000 |
| 3:40.59 | Ian Thorpe, AUS | Sydney, Sep. 16, 2000 |
| 3:40.17 | Ian Thorpe, AUS | Fukoka, Jul. 22, 2001 |

400 FREESTYLE TOP 10 ALL TIME PERFORMANCES

| | | | | |
|----|---------|----------|---------------------|-------|
| 1 | 3:40.17 | WORLD01 | Ian Thorpe, AUS | LCM01 |
| 2 | 3:40.59 | OLYMPICS | Ian Thorpe, AUS | LCM00 |
| 3 | 3:40.76 | AUSLCMAR | Ian Thorpe, AUS | LCM01 |
| 4 | 3:41.33 | AUSLCMAY | Ian Thorpe, AUS | LCM00 |
| 5 | 3:41.71 | MONACJUN | Ian Thorpe, AUS | LCM01 |
| 6 | 3:41.83 | PAC99AUG | Ian Thorpe, AUS | LCM99 |
| 7 | 3:42.51 | WORLD01 | Grant Hackett, AUS | LCM01 |
| 8 | 3:43.40 | OLYMPICS | Massi Rosolino, ITA | LCM00 |
| 9 | 3:43.80 | WORLD94 | Kieren Perkins, AUS | LCM94 |
| 10 | 3:43.85 | AUSLCMAR | Ian Thorpe, AUS | LCM99 |

400 FREESTYLE TOP 25 ALL TIME PERFORMERS

| | | | | |
|----|---------|----------|---------------------------|-------|
| 1 | 3:40.17 | WORLD01 | Ian Thorpe, AUS | LCM01 |
| 2 | 3:42.51 | WORLD01 | Grant Hackett, AUS | LCM01 |
| 3 | 3:43.40 | OLYMPICS | Massi Rosolino, ITA | LCM00 |
| 4 | 3:43.80 | WORLD94 | Kieren Perkins, AUS | LCM94 |
| 5 | 3:45.00 | OLYMPICS | Evgeni Sadovyi, RUS | LCM92 |
| 6 | 3:45.11 | WORLD01 | Emiliano Brembilla, ITA | LCM01 |
| 7 | 3:46.31 | PAC99AUG | Ryk Neethling, RSA | LCM99 |
| 8 | 3:46.77 | OLYMPICS | Anders Holmertz, SWE | LCM92 |
| 9 | 3:46.95 | OLYMPICS | Uwe Dassler, GDR | LCM88 |
| 10 | 3:47.00 | OLYMPICS | Klete Keller, USA | LCM00 |
| 11 | 3:47.15 | OLYMPICS | Duncan Armstrong, AUS | LCM88 |
| 12 | 3:47.34 | OLYMPICS | Artur Wojdat, POL | LCM88 |
| 13 | 3:47.38 | OLYMPICS | Dragos Coman, ROM | LCM00 |
| 14 | 3:47.50 | USTRIALS | Chad Carvin, USA | LCM00 |
| 15 | 3:47.80 | FRGNATLS | Michael Gross, FRG | LCM85 |
| 16 | 3:47.81 | EUR93AUG | Antti Kasvio, FIN | LCM93 |
| 17 | 3:47.97 | OLYMPICS | Danyon Loader, NZL | LCM96 |
| 18 | 3:48.02 | WORLD98 | Paul Palmer, GBR | LCM98 |
| 19 | 3:48.04 | WORLD91 | Jorg Hoffmann, GER | LCM91 |
| 20 | 3:48.06 | USAAUG | Matt Cetlinski, USA | LCM88 |
| 21 | 3:48.30 | FRGNATS | Rainer Henkel, FRG | LCM86 |
| 22 | 3:48.32 | SEASN83 | Vladimir Salnikov, URS | LCM83 |
| 23 | 3:48.37 | TOULAPR | Pieter vdHoogenband, NED | LCM00 |
| 24 | 3:48.59 | OLYMPICS | Mariusz Podkoscielny, POL | LCM88 |
| 25 | 3:48.68 | EUR89AUG | Stefan Pfeiffer, FRG | LCM89 |

Australia and Germany won two golds each, with China and the United States winning one each in the six finals contested on Day 2. The host country, Japan, also picked up a bronze in the men's 50 free and had finalists in three of the four women's events.

Men's 50 Freestyle

Anthony Ervin (USA), with 22.09, had a clearcut win over Pieter van den Hoogenband (NED) with 22.16. The four swimmers who shared in the medals (there was a tie for third) all had terrific reaction times at the start, ranging from 0.63 seconds for Tomohiro Yamanoi (JPN) to van den Hoogenband with 0.74. Yamanoi and Roland Schoeman (RSA) tied for the bronze with 22.18.

The race was so close that the whole field was separated by only 35/100th of a second. There was a further tie for seventh.

"I feel great," Ervin said. "I just became a world champion for the first time. I felt great from the start. I like this race, the crowd, everything. It feels great to be here in Japan. Everything is just fine."

"It was not a good start," van den Hoogenband said. "I was OK after that. I'm happy with the colour of the medal because at the Olympics I got the bronze. I need to improve my start."

"This is my first international medal," said Roland Schoeman (RSA), who shared third. "I wasn't nervous before the start and I thought 'just go for it.' This is just so cool. It's worth being here just for this feeling."

For Tomohiro Yamanoi (JPN), on sharing the third spot and a new Asian record: "Both the time (22.18) and the medal is unbelievable. Everything went just as I planned before the race. I did my best to prove that Japanese are able to win medals if we try hard enough. The record was a year late."

During the awards ceremony, Alexander Popov, who was still in his home in Moscow recuperating from his illness and had the fastest time this year (21.91) back in June, was contacted by phone. He said had carefully planned this race all year and he immensely regretted not being able to swim.

Women's 200 Butterfly

Petria Thomas (AUS) won the gold with 2:06.73, after years of swimming in the wake of world record holder

and now retired Susie O'Neill (AUS). "It's about time," Thomas said. "I just wanted to get out there and have a good swim. I knew it was going to be a tough race in the last 50. I looked at the clock twice just to be sure I won. I really wanted to win my first championships."

Annika Mehlhorn (GER) broke the European record with 2:06.97 and battled for the lead throughout the distance. "I did my best" (by three seconds), the 17-year-old said. "My coach really calmed me down before the race."

Kaitlin Sandeno (USA) won her first bronze of two. (She later added another in the 800 free). It was her personal best with 2:08.52. "I was not expecting to win this race," Sandeno said. "I had a hard day yesterday (5th in the 400 IM and prelims for the 800 free). I am really happy with this result."

Petria Thomas, who is eight years older than Mehlhorn and Sandeno, had her day in the spotlight on this day.

Men's 100 Backstroke

Matt Welsh (AUS) won the race from lane one with 54.31. "I knew I had it in me," Welsh said. "I've never swam in lane one before but it was a good place for my strategy." He was in the lead throughout (25.84 at the 50). "It took me seven years to win this gold and I'm just so happy with it. First thing I thought when I hit the wall was to find my dad in the crowd. It's his birthday and I'm happy to give him a great present."

Iceland won its first ever international medal as Orn Arnarson was second with 54.75. "I just feel very good," he said. "I swam very well although my 200 is my best event. After winning five European championships, this is my first world championships medal. I dedicate it all who supported me, especially my coach."

In third was Steffen Driesen (GER) in 54.91. "It was great, my personal best too. I am part of the new generation of German swimmers, so it was important."

Women's 100 Breaststroke

China's Xuejuan Luo, with 1:07.18, upset Leisel Jones (AUS), whose 1:07.96 got second.

"I wanted the Asian record today," Luo said. "This is my first win at a major meet."

"I don't like being beaten," Jones said. "I came here to win but it will have to be the next time." On her start:

WORLD RECORDS BY TWO TEENAGERS

THORPE AND PHELPS AGAIN

"I have been working on it, and obviously I need to work harder." Her reaction time at the start was 0.84 to Luo's 0.72 of a second.

Women's 800 Freestyle

Improving by five seconds to 8:24.66 (4:12.54 at the 400) from her previous best, Hannah Stockbauer (GER) swam a perfect race, letting Diana Munz (USA) take the early lead and then even splitting to win by two body lengths. Munz placed second with 8:28.34. Sandeno was third in 8:34.45, tired from the 200 fly earlier.

"I didn't try to lead in the early part," Stockbauer said. "My training went really well and now I will concentrate on the 1500 free."

"After the Olympics, I had a hard time training," Munz said. "This is almost equal to my best time. I am excited with this happening."

Women's 4x100 Freestyle Relay

A fast German team was in the lead from the gun and their winning time was 3:39.58. "I felt we could do it," said Sandra Volker, who swam the last leg. "It was a hard race." Antje Buschschulte said. It was Germany's first time under 3:40 and a European record.

Great Britain and the United States tied for second with 3:40.80.

Roman Sloudnov (RUS) surprised everyone with a new world record in the semifinal of the 100 breaststroke with 59.94 (28.49). "Just 20 days ago I broke the minute," Sloudnov said. "I wanted to better it today." Mission accomplished.

In the men's 200 fly semifinal, Franck Esposito (FRA) and Tom Malchow (USA) tied with their personal best of 1:55.03. The final should be even faster, when you add Michael Phelps (USA), the youngest ever male world record holder.

The pace picked up noticeably on the second day. Records tumbled at an increasing pace, including one world and 11 Championship marks. In addition, four Asian, two American, and four European records were bettered.

Two more world records were set on the third day of swimming, as Michael Phelps (USA), the young butterfly prodigy, bettered his 200 butterfly, and Ian Thorpe lowered his 800 free for the second time this year.

Men's 100 Breaststroke

Roman Sloudnov (RUS) is in a class of one. After three rounds, he grabbed the gold, set the world record in the semis, and set two championship records. His winning time of 1:00.16 (28.28) held off Domenico Fioravanti (ITA) in 1:00.47 (just 1/100th of a second off his best) and Ed Moses (USA) in 1:00.61.

Sloudnov admitted that "I found the last part of

the race difficult. Maybe the real secret of my success is my coach, who is also my mother, and the hard training she plans for me. My next goal is to break 59.00 seconds."

Fioravanti, the Olympic champion, said "I knew that I have not trained enough and I take responsibility for that. My race plan went well, especially in the second length. It will be difficult to swim under the minute, but that's my goal for next year."

Ed Moses had the lead at the turn (28.04) but faded in the sprint to the finish. "I felt a little tired in the last 10 metres. I knew after the semifinals that the other guys were good in the last 50 metres and I was prepared for it. I am ready for the 200 now. This was only my first race and I have three more to go. I will try to be at my best."

Men's 800 Freestyle

It took a world record to beat the fast-improving Grant Hackett (AUS), who was in the lead for 700m but was unable to withstand the fantastic finish by Ian Thorpe in the last 100 when Thorpe split 53.23 to Hackett's 54.60. Thorpe's 7:39.16 was a new record, and Hackett's 7:40.34 was a four-second drop from his previous best. Thorpe was swimming a steady 30 strokes a length while Hackett was doing 33.

Thorpe had to swim a 200 free semifinal 20 minutes before the 800. "I wasn't sure what I was able to do after the 200, where I tried to make it as easy as possible to be able to swim the 800. I did it perfectly. I just used what I know from training."

"I don't know how much faster I can go. I don't know where the line in the sand is. Judge me when I retire. For the time being there is still a lot to do. When I look ahead it is the unknown."

"I am disappointed in FINA's decision not to include the 800 free in the Olympic program. Swimming is growing in popularity and competitors must have more events to compete. I'd like to have one more event in my program. Maybe I'll have to move up to the 1500. Right now I'm happy with the program as it is now."

Hackett, on the closeness of the race,



200 fly winner Michael Phelps (USA) in world record

Patrick Kramer

THORPE BREAKS THIRD WORLD RECORD

said: "I was trying to nudge ahead but Ian kept sticking there like glue. I knew I had a good chance, and I went out there to give it a shot. Ian is a phenomenal competitor but he's not kicking away like he used to. I'll try harder the next time."

Graeme Smith (GBR) was third in 7:51.12, improving six seconds over his previous best. "I'm over the moon. My main event is the 1500 at the end of the week. This bronze is really a bonus. I didn't even swim in the Olympics. I'd like to dedicate this medal to my support team, my Mum and Dad, my brother, family, friends, and my coach."

Women's 50 Backstroke

Only three hundredths of a second separated the medal winners. Haley Cope (USA) had the best last stroke to become the surprise winner in 28.51. Antje Buschschulte (GER) was second with 28.53 and Natalie Coughlin (USA) third with 28.54. Coughlin swam a championship record in the semis with 28.49.

"I thought I was really dying," Haley Cope said. "I was just trying to keep up with the girl next to me. This is my first international win. I can't believe I am a world champion. We do not even swim this event in the United States."

Although little known, Cope holds the short-course 50 back world record from March 2000.

Men's 200 Butterfly

A new era. Out with the oldsters. Sixteen-year-old Michael Phelps (USA) bettered the world record for the second time this year, swimming from the front and leading from start to finish. (25.64, 54.81, 1:24.71, and 1:54.58 to better his old mark of 1:54.92 from April).

Olympic champion Tom Malchow (USA) was second with 1:55.28 and Anatoli Poliakov (RUS) third with 1:55.68. Franck Esposito (FRA) was fourth with 1:55.71, after setting his European record of 1:55.03 from the previous day's semis.

For Phelps, there is only one goal: "To get faster and faster, keep improving, that's my main goal. I was disappointed in my semifinals, so I wanted to see if I could hang on if I took it out real hard. I did."

Malchow, in second, said "I am not disappointed. The USA team needed our 1-2 finish. I made a contribution to the team and it gets us on track for the next five days. Last night was my best ever and it gives me confidence that I can still do that at age 25."

In semifinal action, Pieter van den Hoogenband (NED) won the 200 free in a championships record time of 1:45.80. Inge de Bruijn (NED) was fastest in the women's 100 free in 54.47 and was the only one under 55 seconds. Beatrice Caslaru (ROM) established a new championship record in the semifinal of the 200 breaststroke with 2:25.00.

After four days, in three individual races and three world records, Ian Thorpe (AUS) has four golds and is on course for one of the greatest championship performances ever.

Men's 200 Freestyle

A year ago, this race was the turning point in Sydney. Today, Ian Thorpe avenged that loss to Pieter van den Hoogenband (NED) with a crushing final length. Thorpe and van den Hoogenband swam stroke for stroke for 150 metres, but then Thorpe turned on his powerful kick and moved into an insurmountable body-length-and-a-half lead at the finish. It was a new world record of 1:44.06, breaking his former mark of 1:44.69. Van den Hoogenband finished second with 1:45.81

| The splits: | | | | |
|-------------|-------|------------------|--------------------|--------------------|
| Thorpe | 24.81 | 51.45 (26.64) | 1:18.26 (26.81) | 1:44.06 (25.80) |
| VDH | 24.67 | 51.43 (26.76) | 1:18.46 (27.03) | 1:45.81 (27.35) |

"I am usually the hardest person to race against," Thorpe explained. "I try to do the best I can, no matter

on what level. I didn't care about what anyone else was doing. It is very important to me to swim fast. I have found Pieter (VDH) to be a tough competitor. In the past, I have found him hard to beat. Today I swam my own race. It is a privilege to swim in the same pool with him as he is such a great swimmer and my personal friend.

"I still have more races to swim so I would like to concentrate on them now."

"It came down to conditioning," van den Hoogenband said. "Thorpe was in such good shape tonight. I am not in the same condition I was in Sydney. He was terrific and we have to respect that. I had no special race plan tonight. I just swam as fast as I could and tried my best.

"This is how it goes in swimming, sometimes you win and sometimes you lose. I will come back." Better believe it.

Women's 100 Freestyle

There was Inge de Bruijn (NED) and all the rest. The world record holder (53.77) showed her superiority



Pieter van den Hoogenband and Ian Thorpe (AUS) after 200 free

Patrick Kramer

The 9th FINA World SW



British winning relay: Nicola Jackson, Janine Belton, Karen Legg, and Karen Pickering

Patrick Kramer

from the start, moving ahead of the field with each stroke. She had a body-length lead at the fifty, turning in 26.12 and moving steadily into the clear, touching at the finish in 54.18, more than a second over everyone else.

Katrin Meissner (GER) was second with 55.07 and Sandra Volker (GER) third with 55.11. Martina Moravcova (SVK) missed the medal by 1/100th of a second to finish fourth in 55.12.

Inge de Bruijn paid tribute to her coach. "I would like to dedicate my medal to Jaco (Verhaeren). For the last five months, he was working so hard to get me in shape and prepare me properly for these championships. I definitely owe my success to him."

Meissner and Volker were happy to medal, after winning the 4x100 free relay the previous day.

Men's 50 Backstroke

Randall Bal (USA), who missed a medal in the 100 back, made up for it with a win in the shorter distance in 25.34 over Thomas Rupprath (GER) with 25.44 and Matt Welsh (AUS) with 25.49, the winner of the 100 back earlier.

"It was a tough race," Ball said. "I tried to get ahead in the first 15 metres underwater kicking. For the rest of the race I was going as fast as I could. My coach and my family support me a lot, I really want to thank them."

Rupprath set the championship record in the semis with 25.31 and was not disappointed with the silver. "I'm pleased to medal as this is not my specialty. I trained mostly for the 100 fly."

"I had a good start, I think much better than the other," Welsh said. "There's no time for mistakes in the 50 metres. Make one and you're gone. I don't think I made any mistakes. I just need to get faster."

Women's 200 Breaststroke

After a so-so 100 breaststroke (third), Agnes Kovacs (HUN), swimming against Hui Qi (CHN) who set a world record of 2:22.99 in April, would have to be extraordinary. She has been all through her career, so what followed was typical.

In a well-paced race—33.75, 1:10.82 (37.07), 1:47.77 (36.95), 2:24.90 (37.13)—Kovacs was in the lead after the 150 and knew it was within her grasp. Always a big finisher, she managed to get ahead of a group of five who were closely bunched together, all scrambling to the finish. The two Chinese followed, Hui Qi in second with 2:25.09 and Xuejuan Luo in third with 2:25.29.

Kovacs thought Beatrice Coadă (ROM) would be

the one to beat. She moved in the lead at the 150 but couldn't finish and ended up sixth with 2:25.92.

"I tried to pace the race so I would be strong at the finish," Kovacs said.

World record holder Hui Qi said, "I gave it my best shot. Since I came here, I did not feel good about my stroke. I worked very hard for this and have done the best I could here."

Women's 4x200 Freestyle Relay

What seemed like another Australian triumph ended in a farce. Australia lead for the whole race. When the race was over, all the team jumped into the water, a no-no as not all teams had finished, which resulted in the team being disqualified. Finishing in second, the United States team was also disqualified for their second swimmer leaving early, at least according to the results.

This resulted in Great Britain, Germany, and Japan winning the medals. However, the results were appealed to the FINA Bureau, which could not meet until the following morning. The decision was upheld and the medals awarded the following day.

However, touch pad failures were becoming the norm and on reviewing the US takeover, the referee looked at the video backup and determined that Cristina Teuscher did not leave early. That would have given the US the gold, but the FINA Bureau upheld the earlier disqualification without looking at the video evidence.

"We've gone from third to second to first to second to first," said British swimmer Karen Legg, "So I'm a bit knackered!"



Australian Don Talbot arguing his case with FINA Vice President Roger Smith

Patrick Kramer

DE BRUIJN WINS SECOND GOLD

NEW FACES ON THE PODIUM

Women's 50 Butterfly

Inge de Bruijn (NED) won the 50 fly in 25.90, almost a half a body length ahead of Therese Alshammar (SWE) with 26.18 and Anna-Karin Kammerling (SWE) with 26.45.

It was a demonstration of technical superiority. Inge de Bruijn is at peak form with no challengers. "Not only am I in good shape, but I also had a good start," de Bruijn said. "The start is usually the deciding factor for the medals."

Alshammar said, "It's very good. My personal best and a Swedish record. I am really a freestyler and it's great to get a fly medal."

"I was disappointed," Kammerling said. "I have a faster time (26.29) from two years ago. My start was bad, and I couldn't make up for it during the swim."

Men's 100 Butterfly

With a stellar field including the three Olympic medallists, Lars Frolander (SWE) won in 52.10, a championship record. Fast-improving Ian Crocker (USA), eight years younger than the winner, posted an American record of 52.25. Geoff Huegill (AUS) finished third with 52.36. World record holder Michael Klim (AUS), definitely off form, was seventh in 52.91.

Frolander indicated this was his last fly swim. "I felt strong throughout the prelims and semis, and felt



Women's 200 back medallists: Komarova (RUS), Mocanu (ROM), and Fargus (GBR)

Patrick Kramer

I could break the world record (51.81). I got a little tired on the second 50. It was great to win and it's a relief as I plan to retire after this meet."

"My goal was to win a medal," Ian Crocker said. "I saw Huegill beside me in lane seven and I knew I had a pretty good shot at a medal. It was my best time and an American record, I think it was a good swim,

but I'm sure there's always something that I can fix." The podium felt good, Huegill explained. "Third is always better than fourth. It was really tough. I knew I would only have a chance if I was fast at the turn. My last 25 m was poor. I guess I wasn't as fit as I needed to be."

Men's 200 Breaststroke

Unheralded Brendan Hansen (USA), in his first international competition, won with 2:10.69. It was a three-second improvement since US Olympic Trials last August. He was in the lead throughout the race with times of 29.66, 1:03.05, and 1:36.90.

"I've worked hard all year for this," Hansen said. "I still cannot believe the result. It's my first international medal. It's a big night for the USA."

In second was a virtual unknown, Maxim Podoprigrora (AUT) in 2:11.09. He was 11th at last year's Olympics with a then-best of 2:14.20. He did his personal best in each swim (2:12.26 prelims, 2:11.65 semis). He was born in the Ukraine and has represented Austria since 1998.

"My first 50 was too slow (30.31, 1:03.92, 1:37.40)," Podoprigrora said. "My finish went well. I know how shocked everyone is with my results."

Kosuke Kitajima (JPN) was third with 2:11.21, an Asian record. "I could see the swimmer on both sides (he was in lane five). I knew I could medal if I stayed with them. I thought the one who does not give up on the last 25 will win the race. I would like to share my joy with all the Japanese people who came to Fukuoka."



Men's 100 fly medallists: Huegill (AUS), Frolander (SWE), Crocker (USA)

Patrick Kramer

Women's 200 Backstroke

Olympic champion Diana Mocanu (ROM) had little

TWO GOLDS FOR AUSTRALIA AND USA

TWO MORE WORLD RECORDS

trouble in winning this event in 2:09.94. "It's not my best (2:08.16 last year). I just haven't trained enough this year."

Stanislava Komarova (RUS), a virtual unknown, was the biggest surprise. At her first major championships, she steadily improved with each swim (2:12.11 prelims, 2:11.54 semis) to place second in 2:10.43. Last year, her best was 2:16.44. "I never expected to do so well. It doesn't seem real, I haven't even won a Russian championships. I just could never imagine this could ever happen."

Joanna Fergus (GBR) was third with 2:11.05. "I expected to be faster. It's just off my best."

Antje Buschschulte (GER) was in the lead for three lengths, then faded to fifth.

Men's 200 Individual Medley

It was a fantastic two-way race between Massimiliano Rosolino (ITA), the eventual winner in 1:59.71, and Tom Wilkens (USA), second with 2:00.73. An arm length behind in third was Justin Norris (AUS) with 2:00.91, a personal best.

Rosolino had to come from behind after the first 100 and moved into the lead on breaststroke, which sealed Wilkens fate, as that's his best stroke. Rosolino, a great 200 and 400 freestyler, had no trouble pulling way on the last length.

"I believed in myself, I knew I could do it," Rosolino said. "Sorry to have kept my fans worried. (He finished out of the medals in the 400 free and scratched from the 200 free). It takes a while to get my rhythm, but gold is gold and I'm still number one. I had some bad times before, but they are all in the past now."

"I mainly train for the 400 IM," Wilkens said. "I felt good after the prelims and semis. I did not see Rosolino (he was in lane seven) moving ahead in breaststroke. If I see others during the race, my stroke tends to break apart somewhat. It was my best time in a major international meet."

Norris was at his best. "I had an open mind going in and really worked on aspects of the race like the start and turns. It was more satisfying than the Olympics. (He was a finalist in the 400 IM). I set myself out to do something and it worked."

Men's 100 Freestyle

American sprinter Anthony Ervin was off with a fast start, reaching the turn with a half-body lead in 22.60. On the second leg, he continued to lead until the final 10 metres, when Pieter van den Hoogenband (NED) surged to the wall.

A malfunction of the touchpad gave van den Hoogenband a momentary victory with 48.43, only to have Anthony Ervin moved to first as the back-up system gave him a 48.33. The 19-year-old Ervin erased the old American record of 48.42 from 13 years ago, as well as the championship record.

Lars Frolander (SWE) was third with 48.79, ending his career with a personal best.

"It was a great race," Ervin said. "Waiting for the results was hard. I'm glad they figured out what went wrong."

"I am not in the best shape now," van den Hoogenband admitted. "I was not happy with my time yesterday (48.57). When I finished the race, I thought I got the gold but I knew my time was not satisfactory. When minutes later I realized I got the silver instead of the gold, I was really disappointed."

"I was hoping for a medal," Frolander said. "Second or third—it didn't matter. I knew VDH would be faster, so I wasn't worried about him. I did my own race."

Ian Thorpe (AUS) finished fourth with 48.81, his first sub-49-second swim. "It was a difficult swim. I didn't expect to win, but I'm more than happy with the result."

Men's 200 Backstroke

Eighteen-year-old Aaron Peirsol (USA) had little difficulty leading throughout, with splits of 27.48, 56.93, 1:26.91, and 1:57.13, finishing with a personal best and championship record.

Markus Rogan (AUT) was second with 1:58.07 and Orn Arnarson (ISL) was third with 1:58.37 for his second backstroke medal.

"I feel so good that I am going to celebrate by visiting about 20 bars tonight. Just kidding," Peirsol added, "I need to rest because I have a hard day tomorrow. I dedicate this medal to my fans including the charming Japanese lady standing nearby."

Winning his first international medal, Markus Rogan said, "I had just one goal and it just become real. I am satisfied with the silver. I wanted to swim as fast as possible."

Women's 50 Breaststroke

Xuejuan Luo (CHN), winner of the 100 breaststroke earlier, had little difficulty with the shorter distance. Her time of 30.84 missed the world record by 1/100th of a

second. "I didn't have any pressure," Luo said. "I had confidence that I could win. I'd like to thank my coach for the two golds here. I was happy to compete here in Japan and would like to come back."

"Thank God," Kristy Kowal (USA) said after winning the silver with 31.37. "I had years of training for the 200 breaststroke, so I didn't expect this to happen. I am so happy I feel like crying."

Zoe Baker (GBR), in third with 31.40, was faster in the semis. "I am quite disappointed. I expected to win. A bronze medal is disappointing."



200 individual medley winner Massimiliano Rosolino (ITA)

Patrick Kramer

AUSTRALIA 11 GOLD, USA 9

USA RELAY DISQUALIFIED AGAIN

Women's 200 Freestyle

After she anchored the 4x200 free relay for Australia, subsequently disqualified, Giaan Rooney (AUS) made up for that disappointment with a win in the 200 freestyle with 1:58.57, in an incredibly close race as four swimmers battled throughout the distance and were separated by 3/10ths of a second at the finish.

Yu Yang (CHN) was second with 1:58.78 and Camelia Potec (ROM) third with 1:58.85. Claudia Poll (CRC) was fourth with 1:58.92, only 2/100ths of a second slower than her winning time in 1998.

"It just went exactly as I wanted it to," Rooney said. "I deserved it and I needed it more than anything. I knew tonight was my night."

Sixteen-year-old Yu Yang (CHN) did her best time. "I aimed at a medal and I had a good feeling that I would get one. I was inspired by Luo's win earlier."

Improving with every swim, Camelia Potec (ROM) was 8th in the prelims, 5th in the semis, and third in the final. "This is my first world championship medal."

Women's 200 Individual Medley

Improving four seconds from a year ago, Maggie Bowen (USA) won with a 2:11.93 (missing the American record by 2/100ths of a second). She beat Yana Klochkova (UKR), whose 2:12.30 was almost two seconds off her best.

Hui Qi (CHN) was third after leading at the 150. Her final time of 2:12.46 was her best. "I felt really good. My breaststroke is my best stroke and that's why I had the lead then."

Men's 4x200 Freestyle Relay

It was only a question of by what margin would the world record fall as the mighty Australians thrashed the old record by three seconds, finishing with a 7:04.66. Their old record was 7:07.05 from just a year ago.

Italy finished second with 7:10.86, a European record, and the USA was third with 7:13.69.

"Arigato! ("Thank you" in Japanese) I am excited for this team," anchor Ian Thorpe explained. "To maintain this position is a challenge. Australia now has the fastest men's and women's 4x200 free relay. We dedicate this gold to the women's team. It's important to maintain the strength of Australian swimming. Everyone has done a fantastic job."

The Australian record setters were Grant Hackett, who led off in 1:46.11, Michael Klim 1:46.49, William Kirby 1:47.92, and Ian Thorpe 1:44.14.

In semifinal action, Geoff Huegill (AUS) bettered his own 50 fly world record of 23.60 to 23.44.

Women's 1500 Freestyle

Hannah Stockbauer (GER) and Diana Munz (USA) swam together to the 400, splitting 4:14.63 and 4:14.73. In third, Flavia Rigamonti (SUI) was about a body length back with 4:16.48.

Stockbauer and Munz were together at the 800, with times of 8:32.40 and 8:32.70 respectively. Rigamonti was two body lengths behind with 8:35.45.

Munz started to lose contact with Stockbauer and Rigamonti was still third at the 1200.

Rigamonti picked up the pace and moved into second with 100 metres remaining.

Stockbauer finished first with 16:01.02, a championship and European record. Rigamonti was second with 16:05.99 and Munz third with 16:07.05.

"During the race I developed a terrible stomach pain," Stockbauer said. "I think that caused me to slow down. I must thank my coach Roland Boller for the victory, who spent so much time and so much work with me."

"It was a hard race," Rigamonti said. "I never expected a silver, it's a big surprise." It was the second women's medal at a world championships for Switzerland (the first was in 1986).

"I am tired," Munz said. "I tried to stay with Stockbauer and then I didn't see Rigamonti move ahead. It wasn't even my best time."

Men's 50 Butterfly

Geoff Huegill (AUS) had the lead for the whole distance and touched in 23.50 (just off his record swim of 23.44 from the previous day). "This has been my pet event," Huegill said. "It was in this one that I won my first medal. To win the world championships is awesome."

In second was Lars Frolander (SWE) with 23.57, a European record. "I'm more than pleased with this medal. Now I've got three, one of each colour. I was a bit nervous before the race. After winning the gold in the 100 fly, these additional medals are more or less like a bonus. I would like to dedicate this one to everyone who helped me, including my family and my coach."

Women's 100 Butterfly

Already the winner of the 200 fly, Petria Thomas (AUS) held the lead, turning first in 27.51 to finish with 58.27, a championship record. Otylia Jedrzejczak

(POL) was second with 58.72 and Junko Onishi (JPN) third with 58.88.

"I was better than expected tonight," Thomas said. "It's great to get another gold. I didn't let the 4x200 free relay disqualification affect me. I'm moving on to better things."

"The silver makes up for the disqualification in the 200 fly," Jedrzejczak said.

"I was planning for a bronze," Onishi said. "It was my best time. I was thinking of retiring after Sydney. I'm glad I continued to swim."

Women's 100 Backstroke

It's always risky to go out hard but Natalie Coughlin (USA) beat the Olympic champion. Hersplit at the 50 was 29.16, and her winning time was 1:00.37, an American record. Diana Mocanu (ROM) didn't have the finishing kick and was second with 1:00.68. Antje Buschschulte (GER) was third with 1:01.42.

"The last 25 was painful," Coughlin said. "It really hurt, my legs were gone. I knew I could win the race and I was waiting for it all week. I still have the medley relay tomorrow."

"My time was better than expected," Buschschulte said. "I didn't take it out too hard and I was confident I would have a strong finish. We have great team spirit. All the German team will celebrate this success tonight."

Men's 4x100 Medley Relay

It was a very close battle between Australia and the USA. Matt Welsh (AUS) had a slight lead with his 55.19 backstroke split to Randall Ball's 55.87. Ed Moses (USA) moved the Americans into the lead with his 59.84 breaststroke split to Reagan Harrison's 1:00.80. Geoff Huegill (AUS) split 51.39 to give Ian Thorpe, their freestyle anchor, a 22/100ths lead.

Anthony Ervin (USA), winner of the 50 and 100 free sprints, dove in and quickly caught up to Thorpe and had an almost body length lead after the turn. Thorpe moved up with each stroke on the final length as Ervin started to fade. Thorpe managed to touch first with 3:35.35.

As the results were displayed, the Americans found out they had been disqualified for Ervin's early start. It was the third relay disqualification out of five for the USA. It was a historic first sweep of the men's relays for the Aussies.

WORLD RECORD FOR HACKETT IN 1500 FREE

AUSTRALIA'S RELAY WIN CLINCHES SWIM SUPREMACY

Men's 50 Breaststroke

Oleg Lisogor (UKR) surprised the more experienced swimmers in this fast field, which included world and European record holders. Swimming in lane six, he had 27.92 from the prelims and the semis. He touched first in 27.52, a championship record, with Roman Sloudnov (RUS) in second with 27.60 and Domenico Fioravanti (ITA) third with 27.72.

"I didn't expect the gold here," Lisogor said. "There were so many great breaststrokers in the field, I knew it would be tough. I hoped a little bit before the race that I'd have a chance. My next competition will be the World University Games in Beijing."

Women's 50 Freestyle

"I only took one breath to win," Inge de Bruijn (NED) said. It was her third gold of the competition, giving her the women's FINA prize for best women's performer. Her winning time was 24.47. She was faster in the semifinals with 24.45.

Therese Alshammar (SWE) was second with 24.88 and Sandra Volker (GER) third with 24.96.

"Triple gold feels good," de Bruijn said. "It's the same

Men's 1500 Freestyle

After his great 200, 400, and 800 swims, Grant Hackett was expected to be spectacular. He did not disappoint. It was the 10th world record of these championships.

By all measures, he was in exceptional form. Swimming alone, taking a steady 33 strokes per length (the same as in the 400 free), he split 3:50.18 at the 400 and 7:44.47 at the 800, moving well ahead of Kieren Perkins' old record pace. His 14:34.56 was a seven-second drop from the previous record of 14:41.66. The margin of victory was almost a pool length.

Graeme Smith (GBR) finished second with 14:58.94 and Alexei Filipets (RUS) third with 15:01.43.

"I'd never expected to take seven seconds off the world record," Hackett said. "It's absolutely unbelievable. When I saw everyone on their feet as I touched the wall, I thought, 'I must have done it.' In 1997, Perkins told me don't fall asleep in the middle 500 whatever you do. I have always remembered that and it's been a big factor in my race. This has been my event for five years. I think I can take it down even more."

"It's the first time under 15 minutes," Smith said. "It was harder than I imagined."

"It took a long time to get a medal," Filipets said. "I was fourth at the Olympics. I missed a medal in the 800 free earlier. I was motivated tonight."

Men's 400 Individual Medley

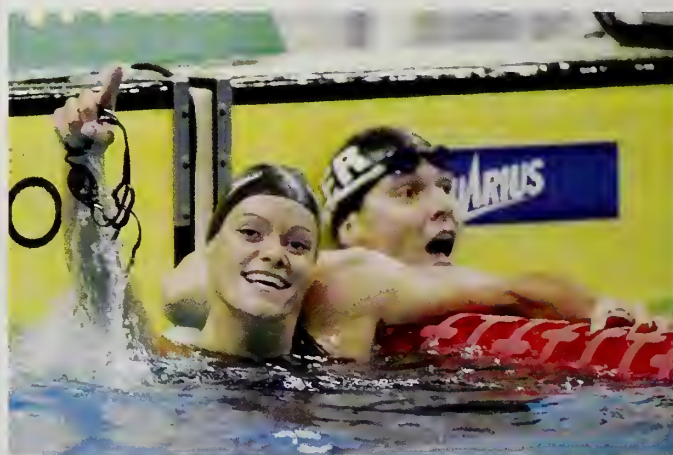
A year late, but better late than never. Alessio Boggiatto (ITA) made up for the fourth place at the Olympics last year. His winning time of 4:13.15 was a personal best. He won the race on the breaststroke (1:09.96 split), the only sub 1:12 split. He

had a body-length lead with the 100 freestyle to go. He was even better with a 58.75.

Erik Vendt (USA) placed second with 4:15.36 and Tom Wilkens (USA) third with 4:15.94.

Boggiatto was exhausted. "I feel tired. I planned to swim a hard last 100. I have been training hard for this."

"I never had a world championship medal before," Vendt said. "I think I had a great race tonight. Boggiatto was very strong on the second half."



Inge de Bruijn (NED) won three golds

Patrick Kramer

number as at the Olympics. I worked really hard for the last five months."

"I expected to win," Alshammar said. "My best time is faster than the winning time. I had a bad start and couldn't make up for that in such a short distance."

"I was glad to better 25 seconds," Volker said. "I really gave it all. I believe all the training I did for this meet made the difference."

It moved Australia into the gold medal lead 11 to 9, with one day remaining.

The Netherlands were also disqualified for van den Hoogenband's early start, allowing the Germans to move to second and the Russians to third.

"I didn't think I was that far behind (with 50 metres remaining)," Thorpe said. "I made sure I did all the right things coming home. The thousands and thousands of touches I've done in training have paid off. I wanted to do my best as this was my last swim and wanted to finish on a high."

The Russians didn't expect a medal. Their world record breaststroker Roman Sloudnov was resting for the 50 breast final the next day and Dimitri Komornikov split 1:00.90. "We lost so many races," flyer Vladislav Kulikov explained. "We are really glad we can get a relay bronze. We thought we were fourth until the disqualifications."

RETURN OF A GIANT

Sven Lodziewski is back after a 15-year absence. Ian Thorpe was not yet born when Sven Lodziewski competed at his first world championships. He was on the podium in Fukuoka.

The former star freestyler of the 1980s during the GDR era swam on the 4x100 free relay for Germany.

Already in the morning heats, his split was 49.84, swimming in second position as his team qualified fourth.

In the final he got a medal anchoring the German team with a 49.04, as the USA, who were ahead, were disqualified.

Back in 1986 at the World Championships in Madrid, he was a member of the winning GDR 4x200 free relay and was second in the individual 200 freestyle. In a career spanning the 1980s, Lodziewski competed in one Olympics in 1988, two World championships in 1982 and 1986, and three European championships in 1983, 1985 and 1987.

He has an Olympic relay silver from 1988, one gold, one silver, and two bronze from two world championships, and two gold, six silvers, and a bronze from three European championships.

He is currently doing his medical internship in Berlin and is moving to Greifswald, near Rostock, in August to continue same.

He was swimming in masters competition and after breaking 50 sec last February in the German Team Championships (25 m), he decided to try for a spot on the National Team at the May Championships. He finished fourth in the 100 free with 50.79, earning a spot on the relay that swam today.

The masters best time in the 35-40 category is 51.49 by Rowdy Gaines (USA), the 1984 Olympic Champion. Sven is a lot faster than that, but will have to do it in a masters competition for it to count.



Mission accomplished, a new world record for Grant Hackett

Patrick Kramer

"I did not feel good at all," Wilkens said. "The time was two seconds slower than my best. I wish the 400 IM would have been scheduled earlier. I may have rested too much."

Women's 400 Freestyle

It's never too late. Yana Klochkova (UKR) made up for the 200 IM loss with a great victory in the 400 freestyle. She had a clear lead at the 150 and won easily, splitting 1:00.11, 2:02.96, 3:05.20, 4:07.30.

Claudia Poll (CRC) followed Klochkova and was in second after the midpoint (1:00.71, 2:04.01, 3:06.97, 4:09.15) to pick up a silver. Hannah Stockbauer (GER), winner of the 800 and 1500 free, finished third with 4:09.36.

"I want to go home because I'm tired," Klochkova said. "I enjoyed Japan and the championships."

"I don't know how to thank my coach (Francisco Rivas)," Poll said. "I could not have won this medal by myself. This is my only medal here, as I missed one in the

200 free. It was a great race."

"I am exhausted," Stockbauer said. "I had so many races. The 800 free, the 1500 free, and the relay. I was lucky to even get into the finals today. The bronze makes me happy."

Women's 4x100 Medley Relay

Australia's win clinched swimming supremacy over the USA. It was not easy. Petria Thomas' fly leg (57.65) and Sarah Ryan's free leg (54.09) put them over the top with a 4:01.50, a championship record.

The USA had a great lead-off swim from Natalie Coughlin (1:00.18), an American record, and they were in the lead at the 200, but couldn't hold off the Aussies, finishing in 4:01.81.

China finished third with 4:02.53 and Germany fourth with 4:03.06 for a European record.

"This is the sweetest victory. What a way to finish," Petria Thomas said. The touchpad failed (again) and they had to wait for the final results to be announced.

1500 FREESTYLE RECORD CHRONOLOGY

Records since 1970

| | | |
|----------|------------------------|---------------------------|
| 15:57.1 | John Kinsella, USA | Los Angeles, Aug. 23, 70 |
| 16:52.91 | Rick DeMont, USA | Chicago, Aug. 6, 72 |
| 16:52.58 | Michael Burton, USA | Munich, Sep. 4, 72 |
| 15:37.80 | Stephen Holland, AUS | Brisbane, Aug. 5, 73 |
| 15:31.85 | Stephen Holland, AUS | Belgrade, Sep. 8, 73 |
| 15:31.75 | Tim Shaw, USA | Concord, Aug. 25, 74 |
| 15:27.79 | Stephen Holland, AUS | Christchurch, Jan. 25, 75 |
| 15:20.91 | Tim Shaw, USA | Long Beach, Jun. 21, 75 |
| 15:10.89 | Stephen Holland, AUS | Sydney, Feb. 27, 76 |
| 15:06.66 | Brian Goodell, USA | Long Beach, Jun. 21, 76 |
| 15:02.40 | Brian Goodell, USA | Montreal, Jul. 20, 76 |
| 14:58.27 | Vladimir Salnikov, URS | Moscow, Jul. 22, 80 |
| 14:56.35 | Vladimir Salnikov, URS | Moscow, Mar. 13, 82 |
| 14:54.76 | Vladimir Salnikov, URS | Moscow, Feb. 22, 83 |
| 14:50.36 | Jorg Hoffmann, GER | Perth, Jan. 13, 91 |
| 14:48.40 | Kieren Perkins, AUS | Canberra, Apr. 5, 92 |
| 14:43.48 | Kieren Perkins, AUS | Barcelona, Jul. 31, 92 |
| 14:41.66 | Kieren Perkins, AUS | Victoria, Aug. 24, 94 |
| 14:34.56 | Grant Hackett, AUS | Fukuoka, Jul. 29, 2001 |

1500 FREESTYLE TOP 10 ALL TIME PERFORMANCES

| | | | | |
|----|----------|----------|---------------------|-------|
| 1 | 14:34.56 | WORLD01 | Grant Hackett, AUS | LCM01 |
| 2 | 14:41.66 | CWLTHAUG | Kieren Perkins, AUS | LCM94 |
| 3 | 14:43.48 | OLYMPICS | Kieren Perkins, AUS | LCM92 |
| 4 | 14:45.60 | PAC99AUG | Grant Hackett, AUS | LCM99 |
| 5 | 14:48.33 | OLYMPICS | Grant Hackett, AUS | LCM00 |
| 6 | 14:48.40 | AUSAPR | Kieren Perkins, AUS | LCM92 |
| 7 | 14:48.63 | AUSLCMAR | Grant Hackett, AUS | LCM99 |
| 8 | 14:49.30 | AUSLCMAR | Grant Hackett, AUS | LCM01 |
| 9 | 14:50.36 | WORLD91 | Jorg Hoffmann, GER | LCM91 |
| 10 | 14:50.52 | WORLD94 | Kieren Perkins, AUS | LCM94 |

1500 FREESTYLE TOP 15 ALL TIME PERFORMERS

| | | | | |
|----|----------|----------|-------------------------|-------|
| 1 | 14:34.56 | WORLD01 | Grant Hackett, AUS | LCM01 |
| 2 | 14:41.66 | CWLTHAUG | Kieren Perkins, AUS | LCM94 |
| 3 | 14:50.36 | WORLD91 | Jorg Hoffmann, GER | LCM91 |
| 4 | 14:53.42 | WORLD94 | Daniel Kowalski, AUS | LCM94 |
| 5 | 14:53.59 | AUSDEC | Glen Housman, AUS | LCM89 |
| 6 | 14:54.76 | SEASN83 | Vladimir Salnikov, URS | LCM83 |
| 7 | 14:56.81 | OLYMPICS | Chris Thompson, USA | LCM00 |
| 8 | 14:56.88 | OLYMPICS | Alexei Filipets, RUS | LCM00 |
| 9 | 14:58.65 | EUR97AUG | Emiliano Brembilla, ITA | LCM97 |
| 10 | 14:58.94 | WORLD01 | Graeme Smith, GBR | LCM01 |
| 11 | 14:59.11 | USTRIALS | Erik Vendt, USA | LCM00 |
| 12 | 14:59.34 | WORLD91 | Stefan Pfeiffer, GER | LCM91 |
| 13 | 15:00.48 | OLYMPICS | Ryk Neethling, RSA | LCM00 |
| 14 | 15:01.51 | SEASN84 | George DiCarlo, USA | LCM84 |
| 15 | 15:02.23 | EUR87AUG | Rainer Henkel, GER | LCM87 |

ALL CANADIAN WORLD CHAMPIONSHIP PERFORMANCES

MEN'S TEAM * = Canadian record

| | Place | Time |
|-------------------------------|-------------|----------|
| Andrew Hurd, 18, MSSAC | | |
| 400 free | prelims 20) | 3:56.45 |
| 800 free | prelims 19) | 8:10.56 |
| 1500 free | prelims 17) | 15:40.61 |

| | | |
|-------------------------------|-------------|-------|
| Riley Janes, 21, ESWIM | | |
| 50 free | prelims 23) | 22.95 |
| 100 free | prelims 27) | 51.19 |
| 50 back | final 6) | 25.98 |
| 50 back | semis 5) | 25.83 |
| 50 back | prelims 2) | 25.90 |

| | | |
|-------------------------------|------------|----------|
| Brian Johns, 18, RAPID | | |
| 200 im | semis 9) | 2:02.45 |
| 200 im | prelims 8) | 2:02.55 |
| 400 im | finals 6) | 4:19.75 |
| 400 im | prelims 6) | 4:19.25 |
| 4x200 free | finals 6) | *7:17.80 |
| | 3rd leg | 1:49.42 |

| | | |
|--------------------------------|------------|----------|
| Mark Johnston, 21, PDSA | | |
| 200 free | final 7) | 1:49.39 |
| 200 free | semis 7) | 1:48.90 |
| 200 free | prelims 8) | 1:49.38 |
| 4x200 free | 6) | *7:17.80 |
| | 1st leg | 1:50.12 |

| | | |
|-------------------------------|-------------|----------|
| Morgan Knabe, 19, UCSA | | |
| 50 breast | semis 11) | *28.33 |
| 50 breast | prelims 11) | *28.44 |
| 100 breast | final 5) | 1:01.27 |
| 100 breast | semis 5) | *1:01.25 |
| 200 breast | prelims 5) | *1:01.50 |
| 200 breast | semis 9) | 2:14.11 |
| 200 breast | prelims 10) | 2:15.62 |
| 4x100 medley | final 4) | *3:38.23 |
| | breast leg | 1:00.51 |

| | | |
|-----------------------------------|-------------|----------|
| Michael Mintenko, 26, PDSA | | |
| 50 fly | prelims 22) | 24.57 |
| 100 fly | final 6) | 52.82 |
| 100 fly | semis 5) | 52.81 |
| 100 fly | prelims 3) | 53.04 |
| 4x100 medley | finals 4) | *3:38.23 |
| | fly leg | 51.63 |
| 4x200 free | finals 6) | *7:17.80 |
| | 4th leg | 1:49.26 |

| | | |
|-------------------------------|------------|---------|
| Curtis Myden, 27, UCSA | | |
| 200 im | final 8) | 2:02.42 |
| 200 im | semis 8) | 2:01.70 |
| 200 im | prelims 8) | 2:02.55 |
| 400 im | finals 7) | 4:19.80 |
| 400 im | prelims 8) | 4:20.88 |

| | | |
|---------------------------------|-------------|----------|
| Tobias Oriwol, 16, ESWIM | | |
| 200 back | semis 13) | 2:01.33 |
| 200 back | prelims 15) | 2:01.57 |
| 4x100 medley | finals 4) | *3:38.23 |
| | back leg | 56.46 |

| | | |
|---------------------------|-------------|---------|
| Rick Say, 21, UCSA | | |
| 200 free | semis 15) | 1:49.80 |
| 200 free | prelims 14) | 1:50.08 |
| 400 free | prelims 11) | 3:52.55 |
| 4x200 free | finals 6) | 7:17.80 |
| | 2nd leg | 1:49.00 |

| | | |
|-------------------------------|-------------|-------|
| Sean Sepulis, 23, GMAC | | |
| 50 back | prelims 31) | 26.62 |
| 100 back | prelims 25) | 56.97 |

WOMEN'S TEAM

| | | |
|-----------------------------------|-------------|---------|
| Jennifer Carroll, 19, CAMO | | |
| 50 back | prelims 21) | 30.02 |
| 100 back | prelims 18) | 1:04.49 |

| | | |
|---------------------------------|-------------|---------|
| Jessica Deglau, 21, PDSA | | |
| 200 free | semis 16) | 2:02.16 |
| 200 free | prelims 15) | 2:01.67 |
| 400 free | prelims 17) | 4:15.93 |
| 200 fly | semis 9) | 2:11.03 |
| 200 fly | prelims 3) | 2:10.75 |
| 4x100 free | prelims 9th | 3:46.03 |
| | 3rd leg | 56.92 |
| 4x200 free | final 4) | 8:06.42 |
| | 2nd leg | 2:00.65 |

| | | |
|----------------------------------|-------------|----------|
| Jennifer Fratesi, 16, ROW | | |
| 200 back | final 4) | *2:11.16 |
| 200 back | semis 3) | *2:11.65 |
| 200 back | prelims 5) | 2:12.67 |
| 100 fly | prelims 21) | 1:01.63 |
| 4x100 medley | final 8th | 4:08.10 |
| | back leg | 1:02.62 |

| | | |
|---------------------------------|-------------|----------|
| Audrey Lacroix, 17, CAMO | | |
| 50 fly | prelims 27) | 28.47 |
| 100 fly | semis 10) | *1:00.20 |
| 200 fly | prelims 13) | 1:00.84 |
| 200 fly | semis 15) | 2:13.10 |
| 200 fly | prelims 15) | 2:12.94 |
| 4x100 medley | finals 8) | 4:08.10 |
| | fly leg | 1:00.26 |

| | | |
|----------------------------------|-------------|---------|
| Rhiannon Leier, 23, MANTA | | |
| 50 breast | prelims 19) | 32.79 |
| 100 breast | final 8) | 1:09.90 |
| 100 breast | semis 8) | 1:09.69 |
| 100 breast | prelims 6) | 1:09.40 |
| 200 breast | prelims 21) | 2:35.18 |
| 4x100 medley | finals 8) | 4:08.10 |
| | breast leg | 1:09.85 |

| | | |
|-----------------------------------|-------------|---------|
| Marianne Limpert, 28, PDSA | | |
| 100 free | prelims 20) | 56.55 |
| 200 im | semis 9) | 2:15.40 |
| 200 im | prelims 9) | 2:16.16 |
| 4x100 free | prelims 9th | 3:46.03 |
| | 2nd leg | 55.66 |
| 4x200 free | final 4) | 8:06.42 |
| | 1st leg | 2:01.13 |

| | | |
|---------------------------------------|-------------|---------|
| Michelle Lischinsky, 26, MANTA | | |
| 50 back | semis 15) | 29.52 |
| 50 back | prelims 14) | 29.47 |
| 100 back | prelims 17) | 1:03.63 |

| | | |
|--------------------------------|-------------|---------|
| Laura Nicholls, 22, ROW | | |
| 50 free | prelims 18) | 25.96 |
| 100 free | semis 14) | 56.23 |
| 100 free | prelims 12) | 56.17 |
| 4x100 medley | finals 8) | 4:08.10 |
| | free leg | 55.37 |
| 4x100 free | prelims 9th | 3:46.03 |
| | 1st leg | 56.25 |
| 4x200 free | final 4) | 8:06.42 |
| | 4th leg | 2:02.17 |

| | | |
|----------------------------------|-------------|---------|
| Christin Petelski, 23, IS | | |
| 50 breast | prelims 28) | 33.85 |
| 100 breast | prelims 19) | 1:11.42 |
| 200 breast | semis 15) | 2:31.73 |
| 200 breast | prelims 12) | 2:31.01 |

| | | |
|------------------------------|-------------|---------|
| Sophie Simard, 22, UL | | |
| 4x100 free | prelims 9th | 3:46.03 |
| | 4th leg | 57.20 |
| 4x200 free | final 4) | 8:06.42 |
| | 3rd leg | 2:02.47 |

| | | |
|------------------------------------|-------------|---------|
| Elizabeth Wycliffe, 18 EBSC | | |
| 200 back | semis 14) | 2:15.38 |
| 200 back | prelims 10) | 2:14.97 |



Record swims for Jennifer Fratesi

Marco Chiesa

LONG COURSE RECORD SETTERS

WORLD

• Men's 200 freestyle:

1:44.06 Ian Thorpe, AUS, Fukuoka, July 25.
 Better own record of 1:44.69 from Mar 27, 2001.

• Men's 400 freestyle:

3:40.17 Ian Thorpe, AUS, Fukuoka, July 22.
 Better own record of 3:40.59 from Sep 16, 2000.

• Men's 800 freestyle:

7:39.16 Ian Thorpe, AUS, Fukuoka, July 24.
 Better own record of 7:41.59 from Mar 26, 2001.

• Men's 1500 freestyle:

14:34.56 Grant Hackett, AUS, Fukuoka, July 29, 2001.
 Better old record of Kieren Perkins, AUS, 1994.

• Men's 100 breaststroke:

1:00.26 Roman Sloudnov, RUS, Moscow, June 28.
 59.97 Roman Sloudnov, RUS, Moscow, June 29.
 59.94 Roman Sloudnov, RUS, Fukuoka, July 23.
 Better old record of 1:00.29 Ed Moses, USA, March 2001.



Breastroker Roman Sloudnov (RUS)

Patric Kramer

• Men's 50 butterfly:

23.44 Geoff Huegill, AUS, Fukuoka, July 27.
 Better his own record of 23.60 from May 2000.

• Men's 200 butterfly:

1:54.58 Michael Phelps, USA, Fukuoka, July 24.
 Better own record of 1:54.92 from Mar 30, 2001.

• Men's 4x200 free relay:

7:04.66 Australia, Fukuoka, July 27.
 Better old record of 7:07.05 Australia, Sep 2000.



Freestyler Grant Hackett (AUS)

Patric Kramer

COMMONWEALTH

• Men's 200 freestyle:

1:44.06 Ian Thorpe, AUS, Fukuoka, July 25.
 Better own record of 1:44.69 from Mar 27, 2001.

• Men's 400 freestyle:

3:40.17 Ian Thorpe, AUS, Fukuoka, July 22.
 Better own record of 3:40.59 from Sep 16, 2000.

• Men's 800 freestyle:

7:39.16 Ian Thorpe, AUS, Fukuoka, July 24.
 Better own record of 7:41.59 from Mar 26, 2001.

• Men's 1500 freestyle:

14:34.56 Grant Hackett, AUS, Fukuoka, July 29, 2001.
 Better old record of Kieren Perkins, AUS, 1994.

• Men's 50 backstroke:

25.49 Matt Welsh, AUS, Fukuoka, July 25.
 Better old record of 25.66 Josh Watson, AUS, March 2001.

• Men's 50 breaststroke:

27.71 James Gibson, ENG, Fukuoka, July 28.
 Better own record of 27.79 from April 15, 2001.

• Men's 100 breaststroke:

1:01.25 Morgan Knabe, CAN, Fukuoka, July 23.
 Better old record of 1:01.33 Nick Gillingham, ENG, 1992.

• Men's 50 butterfly:

23.44 Geoff Huegill, AUS, Fukuoka, July 27.
 Better his own record of 23.60 from May 2000.

• Men's 4x200 free relay:

7:04.66 Australia, Fukuoka, July 27.
 Better old record of 7:07.05 Australia, Sep 2000.

• Women's 50 freestyle:

25.07 Alison Sheppard, SCO, prelims Fukuoka, July 28.
 25.00 Alison Sheppard, SCO, finals Fukuoka, July 29.
 Better own record of 25.07 from April 12, 2001.

• Women's 50 fly:

26.78 Petria Thomas, AUS, Fukuoka, July 25.
 Equals own record of 26.78 from May 2000.

• Women's 4x100 medley:

4:01.50 Australia, Fukuoka, July 29.
 Better old record of 4:01.59 Australia, 1995.

SENIOR CANADIAN

• Men's 50 backstroke:

25.79 Riley Janes, ESWIM, Etobicoke, Aug 2001
 Better old record of 25.81 Chris Renaud, UCSC, 1998

• Men's 50 breaststroke:

28.44 Morgan Knabe, UCSA, prelims Fukuoka, July 28.
 28.33 Morgan Knabe, UCSA, semis Fukuoka, July 28.
 Better own record of 28.47 from Mar, 2001.

• Men's 100 breaststroke:

1:01.50 Morgan Knabe, UCSA, prelims Fukuoka, July 23.
 1:01.25 Morgan Knabe, UCSA, semis Fukuoka, July 23.
 Better own record of 1:01.58 from September 2000.

• Men's 4x100 medley:

3:39.26 World Team prelims, Fukuoka, July 28.
 3:38.23 World Team finals, Fukuoka, July 28.
 Better old record of 3:39.28 Olympic Team 1988.

• Men's 4x200 free:

7:20.69 World Team prelims, Fukuoka, July 27.
 7:17.80 World Team finals, Fukuoka, July 27.
 Better old record of 7:21.45 Olympic Team 2000.

• Women's 200 backstroke:

2:11.65 Jennifer Fratesi, ROW, semis Fukuoka, July 25.
 2:11.16 Jennifer Fratesi, ROW, finals Fukuoka, July 25.
 Better own record of 2:12.42 from Jan 2001.

• Women's 100 butterfly:

1:00.20 Audrey Lacroix, CAMO, semis Fukuoka, July 27.
 Better old record of 1:00.24 Jessica Arney, UCSC, 1995.

Canadian Age Group

• Boys 15-17 100 backstroke:

56.46 Tobias Oriwol, ESWIM, Fukuoka, July 28.
 Better old record of 56.49 Mark Tewksbury, UCSC, 1985.

• Girls 15-17 100 butterfly:

1:00.29 Audrey Lacroix, CAMO, Montreal, June 29.
 1:00.20 Audrey Lacroix, CAMO, semis Fukuoka, July 27.
 Better old record of 1:00.86 Audrey Lacroix, CAMO, Rome, June 10.

**MATTHEW ROSE TOP PERFORMER WITH SIX GOLDS
ONTARIO TOP TEAM WITH 29 MEDALS**

HIGHLIGHTS FROM EACH PROVINCE

Alberta

- Chad Murray won three individual golds: 200 fly, 200-400 IM, added a silver in the 4x100 medley and a bronze in the 4x200 free relays.
- Chad Thomsen won the 100 breaststroke in a record 1:02.89 for the top performance of the Canada Games.
- Annamay Pierse won both breaststrokes, 1:11.79 in the 100 and a record swim in the prelims and final of 2:32.95 in the 200, bettering the old record of 2:36.29 from 1993.
- 8 golds (4 in 1997) and total medals of 19.

British Columbia

- 25 total medals (19 in 1997)
- 5 men's golds including 4x200 free, and 2 women's.
- Brent Hayden with most medals—gold for 200 free, bronze for 100 free, gold for 4x200 free and silvers in 4x50 free and 4x100 free relays.

Manitoba

- Two pairs of sisters won the bronze in the 4x50 free as Erin and Diane Kardash and Jennifer and Julianne Toogoodswam 1:47.67.
- Other medals by Erin Kardash, second in the 100 free and third in the 50 free.
- Rhea Schmidt (Manitoba Marlins) earned 5 gold medals in the SWAD category by placing first in the 50-100 free, 100 back, 100 breast and 200 IM. Other medal winners were CSO swimmers Jeanette Mattern, Bruce Penner, Ashlee McLeod, and Philip Bialk.

New Brunswick

- Andre Couturier won both bronze medals, with a 16:09.79 in the 1500 free and a 4:33.48 in the 400 IM.
- Morgan Kierstead was the youngest finalist in both breaststrokes. In the 100 her 1:15.16 is the fastest Canadian performance for 11-12-year-olds this summer.

Nova Scotia

- Melissa Hubley won the 200 butterfly, the only gold for her province.
- Bevan Haley, 14, added a silver in the 800 free with a 9:00.41, the fastest 13-14 800 TAG performer of the summer.

Newfoundland and Labrador

- Top placings were by Eileen Robinson with a fourth in the 50 free and Suzanne Drodge seventh in the 400 free.

Ontario

- Matthew Rose won the 50-100 free, 100 back, in record times and was part of three winning relays for a total of six golds, the most by any swimming competitor.



Alberta's Annamay Pierse, 17, won three golds

Marco Chiesa

- Laura Pomeroy won the 50-100 free in record times, added two more golds in the 4x50 free and 4x100 free relays.
- Most medals with 29 (12-9-8)

Quebec

- Melanie Bouchard won both backstrokes, the 100 in a record time of 1:04.25, and the 200 in 2:18.28. She added four relay medals: gold in the 4x200 free, silvers in the 4x50 and 4x100 free, and bronze in the 4x100 medley.
- 19 (4-9-6) total medals.

Prince Edward Island

- Denis Alisic was 18th in the men's 200 breaststroke.
- Maria Profit 17th in the 200 backstroke and 400 IM.

Saskatchewan

- Elizabeth Collins won the 200 free and 100 butterfly, the only golds for her province.
- Chad Hankewich added a bronze in the men's 100 butterfly.

Yukon

- Erin Pasloski was 16th in the 100 breaststroke
- Mackenzie Downing was 18th in the 800 free

Rating Summary of Top Performances

| | | | | |
|-----|-----|---------|--------------|-------------------------|
| 1) | 949 | 1:02.89 | 100 breast M | Chad Thomsen,18,AB |
| 2) | 942 | 56.43 | 100 back M | Matthew Rose,20,ON |
| 3) | 934 | 1:34.12 | 4x50 free M | Ontario,ON |
| 4) | 928 | 56.92 | 100 free W | Laura Pomeroy,17,ON |
| 5) | 923 | 1:34.85 | 4x50 free M | British Columbia,BC |
| | 923 | 4:27.19 | 400 im M | Chad Murray,19,AB |
| 7) | 920 | 8:24.57 | 4x200 free W | Quebec,QC |
| 8) | 919 | 2:04.00 | 200 free W | Elizabeth Collins,18,SK |
| 9) | 917 | 2:19.00 | 200 im W | Marieve De Blois,17,QC |
| 10) | 916 | 2:32.95 | 200 breast W | Annamay Pierse,17,AB |
| 11) | 914 | 2:04.35 | 200 free W | Iris Elliott,19,ON |
| 12) | 911 | 2:04.66 | 200 back M | Roland Bauhart,21,BC |
| 13) | 910 | 1:04.25 | 100 back W | Melanie Bouchard,19,QC |
| | 910 | 2:19.81 | 200 breast M | Matthew Mains,19,ON |
| | 910 | 1:53.09 | 200 free M | Brent Hayden,17,BC |

2001 CANADA GAMES

London, Aug 14-17 (50 M) • = Games record

MEN

50 METRES FREESTYLE Aug 17

- 23.35 Matthew Rose,20,ON
- 23.70 Kurtis Miller,16,ON
- 23.82 Paul Wilkins,19,BC
- 24.15 Dominique Bourdages,19,OC
- 24.20 Brent Hayden,17,BC
- 24.26 Pascal Ancill,19,OC
- 24.42 Graeme Tozer,16,AB
- 24.58 Chad Hankewich,19,SK

B Final

- 24.73 Trevor Coulman,17,SK
- 25.07 Chris Razeau,21,MB
- 25.51 Mike Terauds,20,NS
- 25.54 Oevin Phillips,16,AB
- 25.54 Matthew Terauds,18,NS
- 25.66 Justin Gionet,19,NB
- 25.80 Ben Johnson,17,MB
- 25.87 Nicholas Smith,17,NF

100 METRES FREESTYLE Aug 15

- 51.53 Matthew Rose,20,ON
- 51.58 Justin Tisdall,19,BC
- 51.72 Brent Hayden,17,BC
- 52.65 Thomas Zochowski,21,ON
- 53.01 Dominique Bourdages,19,OC
- 53.15 Graeme Tozer,16,AB
- 53.45 Mathieu Heroux,20,OC
- 53.70 Kelly Albrecht,20,MB

B Final

- 53.48 Chad Hankewich,19,SK
- 53.83 Devin Phillips,16,AB
- 54.06 Chris Razeau,21,MB
- 54.57 Trevor Coulman,17,SK
- 54.85 Justin Gionet,19,NB
- 55.03 Mike Terauds,20,NS
- 55.19 Matthew Terauds,18,NS
- 55.75 Colin Baird,15,NB

200 METRES FREESTYLE Aug 14

- 1:53.09 Brent Hayden,17,BC
- 1:53.37 Peter Szaffarski,20,ON
- 1:54.46 Justin Tisdall,19,BC
- 1:55.12 Chad Hankewich,19,SK
- 1:55.75 Richard Cormack,19,AB
- 1:56.04 Frederic Cayen,18,OC
- 1:56.52 Graeme Tozer,16,AB
- 1:56.59 Serge Loiselle,20,ON

B Final

- 1:55.38 Andre Couturier,20,NB
- 1:57.08 Brent Hankewich,17,SK
- 1:58.19 Mathieu Heroux,20,OC
- 1:58.73 Elliot MacDonald,18,MB
- 1:59.92 Marcus Blouw,21,MB
- 2:00.11 Mike Terauds,20,NS
- 2:00.83 Mark Kennedy,24,NS
- 2:03.53 Adam Moore,18,NB

400 METRES FREESTYLE Aug 16

- 4:01.84 Brent O'Connor,17,BC
- 4:02.28 Chad Murray,19,AB
- 4:02.49 David Creel,20,BC
- 4:03.51 Frederic Cayen,18,OC
- 4:06.63 Andre Coulurier,20,NB
- 4:07.19 Richard Cormack,19,AB
- 4:08.12 Sylvain Lermieux,21,OC
- 4:12.99 Elliot MacDonald,18,MB

B Final

- 4:08.36 Kurtis MacGillivray,17,ON
- 4:10.76 Andrew Coupland,18,ON
- 4:11.30 Brent Hankewich,17,SK
- 4:15.13 Stuart Starkey,19,MB
- 4:18.21 Michael Smith,18,NS
- 4:20.62 Mark Kennedy,24,NS
- 4:20.85 Brendon Clarke,17,SK
- 4:28.10 Josh Hare,20,NF

1500 METRES FREESTYLE Aug 17

- 15:56.72 David Creel,20,BC
- 16:02.54 Kurtis MacGillivray,17,ON
- 16:09.79 Andre Coulurier,20,NB
- 16:10.78 Frederic Cayen,18,OC
- 16:16.77 Robbie Stanger,20,AB
- 16:24.32 Richard Cormack,19,AB
- 16:30.89 Elliot MacDonald,18,MB
- 16:35.35 Jesse Jacks,19,BC

100 METRES BACKSTROKE Aug 14

- 56.43 Matthew Rose,20,ON
- 58.63 Benoit Banville-A.,18,OC
- 58.78 Francois Castonguay,18,OC
- 59.24 Roland Bauhart,21,BC
- 59.47 Kurtis Miller,16,ON
- 59.65 Kelly Albrecht,20,MB
- 59.93 Michael Power,20,AB
- 1:00.64 Gordon McKay,20,AB

GIRLS 13-14

50 METRES FREESTYLE

Table of 50 Metres Freestyle results including swimmer names, clubs, and times.

100 METRES FREESTYLE

Table of 100 Metres Freestyle results including swimmer names, clubs, and times.

200 METRES FREESTYLE

Table of 200 Metres Freestyle results including swimmer names, clubs, and times.

400 METRES FREESTYLE

Table of 400 Metres Freestyle results including swimmer names, clubs, and times.

800 METRES FREESTYLE

Table of 800 Metres Freestyle results including swimmer names, clubs, and times.

100 METRES BACKSTROKE

Table of 100 Metres Backstroke results including swimmer names, clubs, and times.

200 METRES BACKSTROKE

Table of 200 Metres Backstroke results including swimmer names, clubs, and times.

100 METRES BREASTSTROKE

Table of 100 Metres Breaststroke results including swimmer names, clubs, and times.

200 METRES BREASTSTROKE

Table of 200 Metres Breaststroke results including swimmer names, clubs, and times.

100 METRES BUTTERFLY

Table of 100 Metres Butterfly results including swimmer names, clubs, and times.

200 METRES BUTTERFLY

Table of 200 Metres Butterfly results including swimmer names, clubs, and times.

200 METRES IND. MEDLEY

Table of 200 Metres Individual Medley results including swimmer names, clubs, and times.

400 METRES IND. MEDLEY

Table of 400 Metres Individual Medley results including swimmer names, clubs, and times.

4X50 MEDLEY RELAY

Table of 4x50 Metres Medley Relay results including swimmer names, clubs, and times.

4X50 FREE RELAY

Table of 4x50 Metres Free Relay results including swimmer names, clubs, and times.

BOYS
13-14

50 METRES FREESTYLE

Table with 25 rows showing swimmer names, times, and affiliations for the 50 Metres Freestyle event.

100 METRES FREESTYLE

Table with 25 rows showing swimmer names, times, and affiliations for the 100 Metres Freestyle event.

200 METRES FREESTYLE

Table with 25 rows showing swimmer names, times, and affiliations for the 200 Metres Freestyle event.

400 METRES FREESTYLE

Table with 25 rows showing swimmer names, times, and affiliations for the 400 Metres Freestyle event.

1500 METRES FREESTYLE

Table with 25 rows showing swimmer names, times, and affiliations for the 1500 Metres Freestyle event.

100 METRES BACKSTROKE

Table with 25 rows showing swimmer names, times, and affiliations for the 100 Metres Backstroke event.

200 METRES BACKSTROKE

Table with 25 rows showing swimmer names, times, and affiliations for the 200 Metres Backstroke event.

100 METRES BREASTSTROKE

Table with 25 rows showing swimmer names, times, and affiliations for the 100 Metres Breaststroke event.

200 METRES BREASTSTROKE

Table with 25 rows showing swimmer names, times, and affiliations for the 200 Metres Breaststroke event.

100 METRES BUTTERFLY

Table with 25 rows showing swimmer names, times, and affiliations for the 100 Metres Butterfly event.

200 METRES BUTTERFLY

Table with 25 rows showing swimmer names, times, and affiliations for the 200 Metres Butterfly event.

200 METRES IVO MEDLEY

Table with 25 rows showing swimmer names, times, and affiliations for the 200 Metres IVO Medley event.

400 METRES IVO MEDLEY

Table with 25 rows showing swimmer names, times, and affiliations for the 400 Metres IVO Medley event.

4X50 MEDLEY RELAY

Table with 25 rows showing swimmer names, times, and affiliations for the 4x50 Medley Relay event.

4X50 FREE RELAY

Table with 25 rows showing swimmer names, times, and affiliations for the 4x50 Free Relay event.

BOYS
15-17

50 METRES FREESTYLE

Table with 2 columns: Rank and Name/Time. Includes swimmers like Yannick Lupien, Kurtis Miller, Trevor Coullman, etc.

100 METRES FREESTYLE

Table with 2 columns: Rank and Name/Time. Includes swimmers like Yannick Lupien, Brent Hayden, Kurtis Miller, etc.

200 METRES FREESTYLE

Table with 2 columns: Rank and Name/Time. Includes swimmers like Brian Johns, Brent Hayden, SYONJAN, etc.

400 METRES FREESTYLE

Table with 2 columns: Rank and Name/Time. Includes swimmers like CANLCMAR, SYDNJAN, USGP1MAY, etc.

1500 METRES FREESTYLE

Table with 2 columns: Rank and Name/Time. Includes swimmers like MVNJUN, ESMWJUN, JRNATJUL, etc.

100 METRES BACKSTROKE

Table with 2 columns: Rank and Name/Time. Includes swimmers like WORL001, CANLCMAR, ODIVZAPR, etc.

200 METRES BACKSTROKE

Table with 2 columns: Rank and Name/Time. Includes swimmers like SYONJAN, CANLCMAR, Andrew Greener, etc.

100 METRES BREASTSTROKE

Table with 2 columns: Rank and Name/Time. Includes swimmers like MORGAN, CANLCMAU, SYDNJAN, etc.

200 METRES BREASTSTROKE

Table with 2 columns: Rank and Name/Time. Includes swimmers like MORGAN, CANLCMAU, SYDNJAN, etc.

100 METRES BUTTERFLY

Table with 2 columns: Rank and Name/Time. Includes swimmers like ADAM, CANLCMAU, DARRYL, etc.

200 METRES BUTTERFLY

Table with 2 columns: Rank and Name/Time. Includes swimmers like PETER, CANLCMAR, BENTON, etc.

200 METRES IND. MEDLEY

Table with 2 columns: Rank and Name/Time. Includes swimmers like ALEX, SYDNJAN, USGP1MAY, etc.

400 METRES IND. MEDLEY

Table with 2 columns: Rank and Name/Time. Includes swimmers like ALEX, SYDNJAN, USGP1MAY, etc.

4X50 METRELAY

Table with 2 columns: Rank and Name/Time. Includes swimmers like MARKHAM, ABAGJUL, AACAPR, etc.

4X50 FREERELAY

Table with 2 columns: Rank and Name/Time. Includes swimmers like MARKHAM, ABAGJUL, EKIAPR, etc.

GIRLS
10&U

100 METRES BACKSTROKE

Table with 25 rows of swimmer names, times, and clubs for 100m Backstroke. Top performer: 1:20.88 MBSKJUN Julie Kells, 10, RDCSC.

100 METRES FREESTYLE

Table with 25 rows of swimmer names, times, and clubs for 100m Freestyle. Top performer: Rec: 1:04.42 Shauna Collins, RQB,88.

100 METRES BREASTSTROKE

Table with 25 rows of swimmer names, times, and clubs for 100m Breaststroke. Top performer: Rec: 1:25.18 Kelly Timmons, OSG, 97.

100 METRES BUTTERFLY

Table with 25 rows of swimmer names, times, and clubs for 100m Butterfly. Top performer: Rec: 1:13.09 Tracy Dsswald, VPSC, 75.

400 METRES FREESTYLE

Table with 25 rows of swimmer names, times, and clubs for 400m Freestyle. Top performer: Rec: 4:48.72 Amanda Hansford, ROW, 96.

BOYS
10&U

100 METRES BACKSTROKE

Table with 25 rows of swimmer names, times, and clubs for 100m Backstroke. Top performer: Rec: 1:14.44 DNAGJUL Jim Lee, 10, WAC.

100 METRES FREESTYLE

Table with 25 rows of swimmer names, times, and clubs for 100m Freestyle. Top performer: Rec: 1:05.02 Andrew Bignell, SSMAC, 94.

100 METRES BREASTSTROKE

Table with 25 rows of swimmer names, times, and clubs for 100m Breaststroke. Top performer: Rec: 1:22.79 David Chung, CREST, 92.

100 METRES BUTTERFLY

Table with 25 rows of swimmer names, times, and clubs for 100m Butterfly. Top performer: Rec: 1:13.20 Alex Baumann, LUSC, 75.

200 METRES FREESTYLE

Table with 25 rows of swimmer names, times, and clubs for 200m Freestyle. Top performer: Rec: 4:55.60 Trevor Jakisch, SJS, 78.

SWIMNEWS

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CANADA



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BACKWASH

Backwash features short clips, gossip, letters, and opinions. Contributions are welcome at our e-mail: swimnews@inforamp.net Now for the rumours behind the news.

Narrow Escape: Australian swimmer Ian Thorpe narrowly escaped the tragedy that struck the World Trade Center in New York on Tuesday, September 11.

Thorpe had been visiting New York accompanied by Michelle Flaskas, wife of manager David Flaskas, when he decided to take an early morning stroll and visited the World Trade Center building. He decided he would return with his camera after breakfast and take photographs from the top floor viewing platform.

"Thank goodness he didn't leave fifteen minutes earlier," an emotional Flaskas said from his home in Sydney.

Editor: Some great performances in Fukuoka. It was great watching the Championships live every night in Brisbane. (Channel 9 had three hours of live primetime telecasts for eight days). When you have the product, it is easy to get the coverage.

What do you think of Canada's performances? Much of the same I guess, although I don't recall when Canada never won a medal at previous Championships. At least Montreal will host the Worlds in 2005. I cannot believe that some major changes haven't been made at the top. The people involved are well entrenched.

I was elected to the Board of Australian Swimming about five months ago. I am the Chair of the Corporate Strategy Development Committee. The Committee looks at strategic issues relevant to the future direction of swimming in Australia. I must admit that I am enjoying it.

I am also currently involved with the Goodwill Games.

Alex Baumann

E-Mail: alexbaumann@bigpond.com

Editor: The contents of the *Backwash* pages in your July 2001 edition had me close to weeping for you two guys. Amongst those who have watched your magazine grow from its humble black and white beginnings in the early 1970s to its present sophisticated format, there must be plenty who would gladly offer you their shoulders to cry on.

Who amongst your worldwide readership realize that it all started as a much-needed news sheet for the Canadian competitive swimming community. Only one of you at the start, totally dedicated to the pursuit of excellence. And now, still only two of you.

Had Winnipeg Head Coach Tom Hainey and proud Canadian swimmer Mike Mintenko known your magazine's background and growth history, their critiques might well have been the same but they would have been couched in much gentler terms. After all, Mike, look at past issues of SWIMNEWS and its predecessor and you'll find nothing but strong exposure and support for Canadian swimmers. Any criticism, more often than not justified, would have been directed at the programs and not the swimmers.

The payback for success is, I suppose, frequent brickbats. I hope your skins are thick because the world of swimming needs you. Let your magazine continue to funnel constructive criticism, with of course bouquets when appropriate, towards those in charge of Canada's hoped-for climb back to the pinnacles of swimming excellence. If constructive criticism is not heeded by the top echelons, God help us all.

Which brings me to my final point. It would serve you well if your readers were made aware of your growth history. Good luck.

*Bernard McGrath
Gibsons, BC*

Editor: I want to start by complimenting you on your induction into the Swimming Hall of Fame, an incredible feat to say the least. Canada and the world owes you much for your undaunting documentation of both national and international swimming, as well as your outstanding coaching results over the past three to four decades.

I also wanted to compliment Dr. Jenő Tihanyi on his brilliant observations on the "*State of Canadian Swimming*."

That being said, I just wanted to comment on Mike Mintenko's article, which appeared in July's *Backwash*. I share with Mike the thought that if the majority of readers are young swimmers and their parents, then SWIMNEWS may not be the ideal venue to air our dirty laundry. Like watching politicians debate on TV, the general public has no idea whom to believe. More often than not, we are left questioning the entire process and dismayed by all the negativity. However, to answer Mike's question "Why can we not move forward?" the answer is simple. We cannot move forward because past and present issues have not been addressed or resolved. Until that time, we will continue to have too much unhappiness and frustration in Canadian Swimming. If there was a process in place for fair and open discussion to take place and change to occur, perhaps *Backwash* would not be necessary and we could get on with the goals of promoting fast swimming.

*Clifford Barry
Mississauga, ON*

Editor: First, let me join those who have sent you such well-earned congratulations for being inducted to the International Swimming Hall of Fame.

Also, I gather that I am not the only one who wonders about the last few years in Canadian swimming, while thinking back to the great ones I had the thrill of describing, Leslie Cliff and Bruce Robertson, all the Smiths from Edmonton, and Elaine Tanner and Mary Stewart, and so many more, and individuals like Howard Firby, who taught me more about the sport than anyone else. Then the great stars of the 1980s, of course Alex Baumann and Victor Davis made 1984 my most memorable as far as results were concerned.

Now I see again, following the recent Worlds, that it is "rebuilding" and "Oh Yes we set Canadian records," and I'm afraid some people in my business have fallen into the trap of accepting that kind of result without real questioning.

I did so enjoy Jenő Tihanyi's remarks on the subject.

It's great to keep in touch through SWIMNEWS. Thanks for remembering me. Cheers. Here's hoping!
*Ted Reynolds,
Vancouver, BC*

Reynolds was the CBC television commentator from the 1960s through the 1980s. In the endless reruns from 1984 with Alex Baumann and Victor Davis winning Olympic gold, it's his voice you hear.

Editor: I have enjoyed reading the articles that you have written over the past months for SWIMNEWS, but particularly the recent article on dryland training. The article provides an excellent overview of the various possible components of a dryland program. I am also a strong supporter of the Whartons' AIS stretching method, and was interested to learn that they have a strength training program as well. Do you have the catalogue information so that I can order a copy of *The Wharton Strength Book*? If so I would appreciate it if you would send that information along.

I hope that you continue writing articles for SWIMNEWS. They are a valuable contribution to an already excellent publication.

*Gordon Sustrik
(Volunteer coach and Masters swimmer)
Sberwood Park, AB*



*Remember ... It's not true until it has been
officially denied.*

ALTERNATIVE THERAPIES

Nikki Dryden

Part four in the on-going series Your Health.

Earlier articles:

- Your are what you eat, March 2001;
- The world of food supplements, April 2001;
- Dryland training, July 2001.

The dreaded swimmer's shoulder: the result of tens of thousands of strokes culminating in what is called Repetitive Stress Injury. It all starts because swimming movements strengthen the internal working shoulder muscles. Strong pectoral muscles tighten and pull the shoulder forward, and the tiny stability muscles in the shoulder are unable to hold the shoulder in place. As swimmers, we need to have flexible, almost elastic shoulders, but if they are too loose problems ensue. What follows is loss of strength, muscle imbalances, and combinations of ligament and joint capsule laxity, impingement syndrome, tendonitis, and even muscle tears.

It's our rotator cuff muscles that get the best of us, and any swimmer with the slightest pain should make themselves familiar with the four muscles in the rotator cuff. The infraspinatus and teres minor work on external rotation and are usually the weak guys. The supraspinatus and subscapularis abduct and internally rotate. Knowing your weaknesses is half the battle in the fight to stay ahead of a burgeoning shoulder injury. Strength is all relative. Bench pressing plate after plate is not going to help your infraspinatus get stronger. It is important to find a balance in your shoulder, where the big and small muscles are working in unison to keep you swimming stroke after stroke.

The first step in combating or preventing a shoulder injury is to know your weak areas and establish with your doctor a routine of dryland exercises to improve shoulder stability. But in the continual struggle for optimum performance, swimmers, especially those who are injured, will try anything to speed recovery or rebuild after a setback. In this piece, Your Health will examine the alternative therapy industry, or complementary therapy industry (as insiders like to call it), covering everything from Acupuncture to Roling. Forbidden and once mystic eastern and experimental medicine has crept its way into our western lives, while scientific frontiers are bridged in the search for better health. Although all of these techniques could play an important role in injury prevention, the reality is that most athletes don't look for help until their acute shoulder pain has become chronic.

MICE

The game plan for any injury is threefold: reduce inflammation, restore mobility, and strengthen problem muscles. Most of us were taught RICE—rest, ice, compression, and elevation for an injury. But there is a new approach today taught by Jim and Phil Wharton, co-authors of *The Wharton Stretch and Strength* books: MICE—move it, ice it, compress it (when not doing your rehab exercises), and elevate it.

People have a desire to put heat on an injury, but this can actually harm an acute injury further. For chronic injuries, moist heat is best, as it will increase blood circulation to the area. And although the chill of ice on the skin isn't pleasant, ice is your best friend! Ice also increases blood and lymph circulation while numbing the pain. If you have access to and can take the

pain, try sitting in an ice tank or bath to recover not just from injury but from a hard workout.

Sports Massage

Massage enhances circulation through the manipulation of muscles. This means moving out the bad stuff in muscles, like lactic acid and carbon dioxide, that build up in muscles after working out. Increased circulation will also allow oxygen and other nutrients to move in and help recover the tissue. Massage can also break up adhesions and scar tissue in injured muscles and ligaments, accelerating healing time. And best of all, massage can release tension and relax muscles, which can relieve pain from hard work or injury.

Mavis Wahl, a sports massage therapist at the National Sports Centre—Calgary, is a big proponent of sports massage as a form of preventative care. There are two main reasons: "Firstly, if some area does become injured or damaged, usually the damage isn't as severe and the rehabilitation is quicker. Secondly, an athlete receiving care is usually more body aware and will seek out help before an injury gets out of control."

Wahl believes it is extremely important to get younger athletes into care because injuries to young, growing muscles could cause long-term problems. Plus you begin a lifelong program with a young athlete that she will incorporate into her training regime, making her adaptable to both good and bad experiences.

Massage has the obvious physiological benefits of increased circulation and lymph muscle drainage. But with Mavis, massage is also a time for an athlete to relax, focus on breathing, and visualization techniques.

Wahl agrees that many coaches are skeptical about massage. "It is sometimes difficult getting it out of a coach's or even an athlete's head that massage is for wimps, that it is good to just suck up the pain." But as long as the coaches know what is going on, they are usually more open to massage. "And for athletes, if they are feeling better, it can be a huge boost to their morale. You are still going to have to be mentally and physically tough in everything you do—getting a massage does not make you weak."

Lymphatic Drainage Massage

Our lymphatic system lies just under our skin. Its job is to help our body's cells function properly and has a big impact on our immune system. Each cell is a delicate balance of nutrients, oxygen, and proteins. The lymphatic system helps keep all that fluid in balance, and if it is out of kilter, you will feel out of kilter too.

Lymphatic drainage massage helps to make the lymphatic system do its job of moving this fluid. This will help in stimulating a sluggish immune system. It also helps speed healing of injury. After the initial period of inflammation has passed, lymph work can be done after sports massage. This will help clean the tissue of debris and help to increase tissue regeneration. This type of massage is extremely light so as to gently stimulate the lymphatic system.

Deep Tissue Massage

Deep tissue massage is performed in quite the opposite way as lymphatic massage; hence the name "deep." When a muscle is stressed, it will begin to block out oxygen and nutrients and

grow inflamed. This increases the toxins in the tissue. Deep tissue massage works on the muscle and connective tissue to get blood and oxygen circulating again, thus releasing the toxins.

Deep tissue massage works by treating independent muscle fibres and unsticking them, which will correct tension, release toxins, and begin reeducation of the muscle.

Cross Fibre Friction Massage

This technique works to treat soft tissue lesions through deep transverse friction, which will decrease Fibrosis and increase the formation of pliable soft tissue at the site of healing. Cross fibre friction massage is very painful massage done across the grain of a muscle, tendon, or ligament at the site of the lesion. At a right angle to the fibres, a therapist will make broad strokes to separate fibers without bouncing over them. The end result is that it decreases the roughness that forms between tendons and their sheaths, problems that cause tendonitis.

Rolfing

Rolfing is a system of soft tissue manipulation and movement to realign and reorient the body. It then loosens the connective tissue and frees the muscles, causing tension and pain to subside, and speeds up the recovery of damaged tissue. Rolfing was developed in the 1950s by a biochemist named Ida Rolf, under the theory that if one part of the body is injured then the whole body is out of whack. A session of Rolfing will correct all the imbalances in your body caused by an injury to one specific body part.

Through guided movements, the therapist will slowly stretch and reposition your fascia, restoring normal length and elasticity to the connective fibres. Rolfing will bring less pain and tension to your body, as it becomes more balanced and symmetrical, allowing your bones and muscles to do their jobs. Olympic athletes like Elvis Stojko and Michelle Kwan and pro athletes Charles Barkley and Mario Lemieux use Rolfing to help their performance, in particular their centre of balance.

Active Release Technique

Over-worked and under-stretched muscles are prime targets for injury. What happens next is loss of mobility, a decrease in strength and power, and the introduction of pain. In other words, overused, injured muscles build up scar tissue, which makes the other tissues tighter, and muscles become shorter and weaker. Next comes tension on tendons, which causes tendonitis, and finally nerves can become entrapped, causing a multitude of problems.

Soft tissue includes our muscles, tendons, ligaments, nerves, and fascia. Our fascia is our flexible skeleton of connective tissue. When the fascia is unhealthy, adhesions form, making it harder for the soft tissue to function fluidly. With all this in mind, an Active Release Technician makes an assessment of the injury, reading your muscles the way a blind person reads Braille. The therapist then focuses on the specific sites of scar tissue and adhesions. Active Release Technique (ART) is achieved by the active lengthening of muscles, ligaments, and tendons, or pulling of nerves, accompanied by pressure that is applied to split the scar tissue and adhesions that stick to the fascia. ART is a painful procedure. Imagine this being performed on the small muscles in the shoulder, which are reached through places in the ribcage, armpit, back, and neck.

Milton Bingham, who has worked with the Canadian National Team and with many athletes in the Toronto area, has been working as a sports massage therapist for over eight years. During his early massage training, he was exposed to a variety of techniques and thinking that have shaped the kind of work he now does. "Athletes' muscles are always in motion, it made no sense to me to just learn about the body in a static state," says

Milton. "I like to work through a range of motions with my athletes, which is why I gravitated towards techniques such as Active Isolated Stretching [see Your Health Part III] and Active Release Technique."

Bingham is open to many complementary or alternative therapies. "Some therapies may merely be part of the placebo effect. But if you find a technique that works for you, and you believe it is helping, then I see nothing wrong with it. There are some things science doesn't understand, and if you are finding a benefit from a technique then why not?"

Bingham, like Wahl, preaches the importance of prevention with his athletes. "It is hard to deal with an injury at a meet. I would much rather work on an athlete in advance so that, by competition, my job is just to fine-tune an athlete."

Track star Donovan Bailey is a fan of ART. Many chiropractors and massage therapists are seeking out specialized training in ART to complement the care they can provide an athlete.

Chiropractic

Chiropractic care is based on the theory that illness and pain can result from misaligned vertebrae. By manipulating the spine, nerve impulses can flow more freely. Thus, good health depends on a normal nervous system, and when there is an interference in this system caused by a misaligned spine, tissues and organs cannot function properly. Most chiropractors work to enhance the function of the neuromusculoskeletal system (interaction of the nervous system, muscles, and bones) by using manipulation, physical therapy, and other rehabilitation exercises.

More and more athletes are asking for chiropractors to be included in medical teams for major events like the Olympics and on deck for workouts. The Pacific Dolphins in Vancouver have been working with Dr. Ken Mikkelsen for years. He now comes to the pool twice a week to adjust the team. He also travels to meets where he can be seen adjusting Canada's top swimmers before and after a race.

Magnetic and Ionized Therapy

In magnetic therapy, magnets are placed on or near the sore muscle. The magnets are usually held in a pouch or pocket, which is strapped or wrapped on the body part in question. The magnetic field created will increase blood flow, resulting in a quickened healing time.

Ionized therapy comes in the form of a bracelet. The theory behind this type of pain relief is similar to that of acupuncture. According to the makers of Q-Ray ionized bracelets, when you are injured or sick, the body's natural flow of chi becomes impeded. When this happens, the body increases its flow of yang and the body begins to overgenerate yang ions, causing imbalances in your body's electrical system. The Q-Ray bracelet is designed to "discharge yang ions, which flow through the body and restore the yin-yang balance."

Acupuncture

This ancient Chinese practice treats illness and provides pain relief through the insertion of needles at specific points on the body. Eastern doctors believe that the human body's life force, or chi, circulates along meridians in the body. Sickness or injury block these meridians and interrupt the life force, causing imbalances in the body and further problems. The insertion of the needles releases the blocked energy and restores balance to the body.

Western doctors look at acupuncture slightly differently. They believe that the needles actually stimulate the production of endorphins that block pain.

Intra Muscular Stimulation

Also known as needling, this procedure involves the insertion of acupuncture needles directly into the problem muscle. The experience is painful, as the muscle will first contract, then slowly release. The needles are actually causing microinjuries that stimulate blood and circulation to the area to promote healing.

Electrotherapy Stimulation

There are three types of electrotherapy stimulation: Transcutaneous Electrical Nerve Stimulation or TENS, Interferential Current or IFC, and Galvanic Stimulation. All three work to decrease and block pain signals and promote the release of endorphins.

TENS uses either high frequency stimulation (conventional) on the muscles, which can be done for hours at a time, or low frequency stimulation, which is more painful and can only be worn on the muscle for about twenty minutes, but the pain relief will last longer. IFC is a deeper form of TENS that penetrates the skin much more deeply with less discomfort. Galvanic stimulation should be used for acute injury associated with bleeding or swelling.

Although Milton Bingham likes acupuncture, the nature of his job (long hours spent on pool decks) prevents him from using needles. Instead, he uses electrotherapy stimulation (TENS) for similar benefits and ease of portability.

Ultrasound

This form of heat treatment for soft tissue problems, such as joint or muscle sprains or tendonitis, works to relieve pain, decrease inflammation, and speed healing. Ultrasound works by using high frequency sound waves that vibrate the tissues in the injured area. This creates heat, which draws more blood to the area, and the healing begins.

Prolotherapy

Prolotherapy involves injecting an irritant, usually a solution of sugar water, into the body where the ligament or tendon attach to the bone. What happens next is the solution inflames the tissue, which leads to a boost in collagen production. The collagen boost will eventually strengthen the damaged ligaments or tendons. As with other therapies, it also works to increase blood supply and flow of nutrients to stimulate tissue recovery.

Cortisone Shots

Cortisone is a natural hormone in your body. The higher the stress on your body, the lower your levels of cortisone will be. Cortisone is injected into the injury to immediately start working to suppress inflammation and hasten healing, and to work over the long term at dissolving scar tissue.

There is a lot of controversy surrounding the use of cortisone shots. They seem like a nice quick fix, but it may be possible that repetitive use could have a weakening effect on tendons if the injection is made directly into the tendon. It may also soften cartilage, and cause an athlete to lose strength at the ligament-bone junction.

Radio Waves

Prior to this technique, surgery was the only option for a swimmer with severe shoulder laxity. Employing new technology, a heat probe using radio waves heats and shrinks the ligaments. The collagen meshes closer together as the heat is applied, and the theory is that they then heal in place, tighter together. Done under local anesthesia, the surgery requires only two small incisions and costs half the price of traditional surgery. But this is a new technology, and the long-term effects are still unknown.

Surgery

There are two types of surgery possible for a swimmer: one to tighten the shoulder, and one to make more room inside it. To tighten requires a five-to-ten-centimetre cut through the shoulder muscles to open up the shoulder. The surgeon then uses stitches and staples to tighten the ligaments. Recovery from this type of surgery can take anywhere from six months to several years. Some athletes never recover fully.

Another type of surgery will chisel bone off the atrium in the shoulder, allowing for more room and less impingement in the shoulder. This also takes a dedicated rehabilitation regime and can take up to a year to recover fully.

Disclaimer

Before you start any of these therapies, talk first with your doctor. Although some doctors may be skeptical, it is important to keep them informed of your therapy program.

Within reason, Milton Bingham believes a swimmer is never too young to start working with a therapist. But what would be of greater benefit, he says, is for swimmers to be cross-training. "Swimming can cause a lot of muscle imbalances, especially through the shoulders. Swimming is a very repetitive sport. Doing a variety of sports will complement your swimming and increase muscle strength and stability."

In finding a therapist, it is important to find a person who listens to what you have to say and does not just express his or her perspective. Milton stresses that athletes don't usually have a problem finding alternative therapies, but have trouble finding someone who knows what they are doing. He suggests seeking out a therapist who has worked with athletes or swimmers before.

With regards to mixing up your therapies, Milton says that, although there can be animosity and turf wars between practitioners of different techniques, many can and do work together for the athlete. "I like to work with a team of professionals, especially at an event. I think it is great that I can send an athlete to see a chiropractor for a certain problem, then have that athlete come back so I can work on him further. It is difficult to do everything, and great when you find a good team with a common goal."

Even today, with my swimming career over, I have days of deep regret. If only I could turn back the clock, I would have made very different choices about my shoulders.

I can vouch for the success of many of these complementary therapies. Sports massage, deep tissue massage, cross fibre friction massage, ART, chiropractic, acupuncture, electrotherapy stimulation, intra muscular stimulation, ultrasound, and cortisone shots—all worked to varying degrees, helping to ease the pain and move me through the next meet, workout, or metre. Surprisingly, I would give it all up! I would trade in all the delightful hours spent in rehab learning about all these wonderful alternative therapies just to have the moment in time when I made the decision to keep swimming and not take time out of the water to heal and rebuild my ailing shoulders.

A training program that promotes preventative care is really the only acceptable program for coaches, swimmers, and parents. The Your Health series has covered many of the key ingredients necessary for this kind of program: a wholesome diet, proper dietary supplementation, dryland work that balances work done in the water, and a therapy program that teaches athletes how to read their bodies and detect signs of weakness.

The final piece in this series will examine the psychology of sports and competition. Now that our bodies are in top condition, we must make certain that our minds can finish the job. I am enjoying your questions and comments, so keep them coming at yourhealth@swimmail.com.

THE FIRE WITHIN IS BARELY A FLICKER

WHAT IS WRONG WITH THE CANADIAN SPORTING SYSTEM?

Alex Baumann

Subsequent to Canada's lackluster performances at last year's Olympic Games and the recent World Swimming and Athletics Championships in Fukuoka and Edmonton, one has to ask "What is wrong with the Canadian Sporting System?" This article does not pretend to solve Canada's woes in the high-performance arena but hopefully will stimulate further debate to improve what is obviously in dire need of drastic change.

Some decision-makers will say that change is forthcoming subsequent to the Sport Summit held last April in Ottawa. I am hoping that this is the case; however, there is little evidence to support that the necessary changes will be made. Some high-level administrators will also suggest that the only reason that Canada is not doing well in high performance is because there are not enough financial resources to achieve outcomes. While I do not disagree that there needs to be an additional infusion of funds into high performance and development, an increase in financial support is not the only ingredient to ensure success on the world stage.

Having been an elite athlete and coached in Canada, Program Manager of the Queensland Academy of Sport, Executive Manager of International Sport with the State Government, Chief Executive Officer of the Queensland Swimming Association, and a current Board Member (Chair of the Strategy and Development Committee) of Australian Swimming Incorporated, I feel that I can adequately comment on the effectiveness of sporting systems and structures in Canada and Australia.

Australia and Canada

Comparisons can be made between Australia and Canada since many similarities exist. Both countries have to deal with the tyranny of distance and lack of population (18 million for Australia and 30 million for Canada). Both are constitutional monarchies that have similar histories and political institutions, and both enjoy an extremely high standard of living.

So why does a country like Australia dominate in so many sports internationally? Interestingly, both countries did poorly at the 1976 Olympics in Montreal. Canada was the only host country not to win an Olympic Gold Medal in Olympic history and Australia won one individual bronze medal in its premiere sport of swimming.

Both countries responded to their poor performances in different ways, but both substantially increased their financial commitment to amateur sport. Australia set up the Australian Institute of Sport in Canberra in 1981 (a centralized institution for the development of elite athletes with specific technical support and residences).

In subsequent years, each State set up Institutes and Academies of its own. The State Academies and Institutes, however, did *not* have a residential component and tended to support existing programs (i.e., worked closely with clubs and coaches). All the Academies and Institutes integrated sport science, sports medicine, and athlete career education, providing an holistic approach to the development of the athlete and coach. Australia also set up a system of direct athlete support.

The strength of the Australian system is that an integrated and coordinated approach exists to achieve high-performance outcomes and that elite athletes have a wide variety of choice. The Australian Sports Commission also increased its

commitment to National Sporting Organisations (NSOs). There is no doubt that Australia has committed large resources to amateur sport (particularly after 1993 when Sydney was awarded the 2000 Olympic Games). Government views amateur sport as an investment in the future. The Australian Olympic Committee strategically led the coordination and delivery of this high-performance system and program.

Canada chose a different path in establishing Sport Canada as the government arm for high performance sport.

Sport Canada set up a structure that included a carding system that supported the athlete and coach, and funded National Sport Organizations/Federations (NSOs/NSFs) based on strict performance criteria. At the time of implementation, Canada's structure was seen as leading edge internationally.

Unfortunately, Canada has not progressed much in terms of structure and policy since the late 1970s.

Other countries have overtaken Canada in establishing integrated and innovative approaches in the development of elite athletes, coaches, and programs.

National Sport Centres have been established but have yet to "produce the goods" for Canada internationally. These Centres have, in fact, been detrimental to the existing club system in Canada (a system that was the best in the world in swimming in the late 1970s and early 1980s) and have created a climate of animosity rather than cooperation.

Additionally, there has been little support for national youth programs that serve as a feeder system for national teams. Clubs and youth development are the backbone of any sporting system, and need to be supported within a fully integrated structure.

Accountability

Canada lacks credibility in its ability to deliver a coordinated high-performance program. Canada's vision must be to create a seamless sport delivery system conducive to high-performance outcomes that is athlete focused.

All stakeholders, including the Federal and Provincial Governments, the Canadian Olympic Association, National Sport Centres, national and provincial sport organizations, and local municipalities, must work together to ensure that a coordinated approach exists with clear delineation of roles and responsibilities guaranteeing there is minimal duplication of resources.

The Canadian Olympic Association must lead this process.

Lack of vision among administrators and decision-makers has for too long produced mediocrity. Canada needs to critically analyze its performances at all levels and have the will to "fix" the system—something that has eluded it thus far.

Accountability for performance must be an integral component of this system (as it is in the business world).

Leadership

Canada needs to establish clear objectives and goals, and have people that can lead the process.

Leaders are pathmakers that invent new solutions to old problems and ultimately overcome obstacles.

Canadian sport must look at its current governance structures since leadership starts at the top. Leaders must not be afraid of change and must make informed

decisions based on input from a variety of sources. However, these decisions should not be based purely on consensus. Hard and often unpopular decisions will need to be made to rationalize and prioritize funds for amateur sport.

Canada has the potential to become one of the best sporting nations in the world, with sufficient talent to make it to the top level, if it can adequately address these issues. Unfortunately, the biggest casualty of the existing system is the athlete. Athletes are working hard and striving to win, but are increasingly frustrated with lack of support, recognition, continuity, and direction.

Australia has become one of the top sporting nations in the world by having a clear direction, establishing realistic goals, having a strong desire to succeed, and prioritizing and rationalizing the allocation of funds. In 1996, the Australian Olympic Committee set a target, based on potential, of coming 5th and winning 60 medals (20 gold) at the 2000 Olympic Games. This target was accepted by all relevant stakeholders and consequently adopted, thereby creating a common purpose and sense of unity. In Sydney, Australia came in 4th place and won a total of 58 medals (16 gold, 25 silver, 17 bronze); Canada came in 24th place and won a total of 13 medals (3 gold, 3 silver, 8 bronze).

The Australian Olympic Committee, the Australian Sports Commission, National Sport Organisations, the Australian Institute of Sport, the State Academies and Institutes, and State Governments work hand-in-hand to deliver high-performance outcomes. One other important attribute of the Australian system is its ability not to rest on its laurels, but rather to identify weaknesses and make adjustments where necessary. Australian Swimming, for example, had the foresight to critically analyze its performance and structure despite results being at an all-time high after the 2000 Olympic Games. This non-complacent attitude enabled Australia to improve upon its performances at the recent World Swimming Championships despite the retirement of four of its internationally ranked swimmers (Kieren Perkins, Susie O'Neill, Sam Riley, and Chris Fydler).

Always rebuilding

There is no doubt that expressing my views on the Canadian system and its lack of performance will draw criticism, as was the case when I spoke out in 1990 and stated that changes needed to be made to swimming in Canada if success was to be forthcoming.

The response then was that Canada was in a "rebuilding phase" and that plans were in place to remedy the situation. I am hearing these same words today and, sadly, instead of advancing, results have been steadily declining.

Canada has lost its confidence in the international arena and it will take a tremendous collaborative effort to regain national pride on the sporting stage. The Canadian Olympic Association's motto is "for the fire within." I would suggest that at this point in time, and for some time now, it is barely a flicker. Canada needs to have strong leadership if it is to fan the flicker into a flame. Canadian athletes need to reclaim their hunger, their passion. My dear friend Victor Davis was the embodiment of this passion and desire to be the best in the world, an attitude that pervades the Australian sporting psyche.

Success in high performance sport must incorporate a solid integrated structure, with the right people, in the right positions, having sufficient resources, to produce medal-podium results. If Canada is to become one of the top sporting nations in the world (which I believe it is capable of being), it will have to address all three criteria. This is, of course, assuming that Canada has the desire to improve its results internationally.

Alex Baumann is Canada's only modern era double Olympic gold-medal winner at the 1984 Olympics. He won five golds, one silver, and one bronze at the 1982 to 1986 Commonwealth Games, and won 34 national championships from 1978 to 1987. He is a member of the Order of Canada.



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Marc Pyle, 12
 Club: Sackville Waves, NS
 Coach: Kevin Ross
 Specialty: Breaststroke and ind.medley
 4th ranked for LCM01 TAG in the 100-200 breast, 5th in the 200 IM and 400 IM

| Best Times | LCM00 | LCM01 |
|------------------|---------|---------|
| 100 breaststroke | 1:24.13 | 1:19.45 |
| 200 breaststroke | 3:03.02 | 2:51.94 |
| 200 ind.medley | 2:44.20 | 2:34.25 |
| 400 ind.medley | | 5:47.59 |



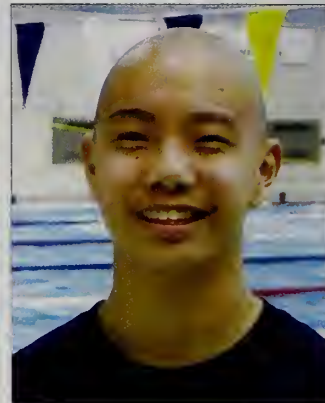
Harrison Curtis, 12
 Club: Toronto Swim Club
 Coach: John Grootveld
 Specialty: Freestyle and backstroke
 5th ranked for LCM01 TAG in the 100-200 back, 7th in the 200 free and 8th in the 100 free.

| Best Times | SCM01 | LCM01 |
|----------------|---------|---------|
| 100 freestyle | 1:03.70 | 1:02.63 |
| 200 freestyle | 2:19.19 | 2:16.46 |
| 100 backstroke | 1:13.07 | 1:11.45 |
| 200 backstroke | 2:35.33 | 2:32.98 |



Miriam Kim, 12
 Club: Toronto Swim Club
 Coach: John Grootveld
 Specialty: Backstroke
 3rd ranked for LCM01 TAG in the 100 back, 5th in the 200 back.

| Best Times | LCM00 | LCM01 |
|----------------|---------|---------|
| 100 freestyle | 1:10.17 | 1:04.93 |
| 100 backstroke | 1:17.36 | 1:12.34 |
| 200 backstroke | | 2:38.03 |
| 200 ind.medley | 2:51.88 | 2:40.98 |



Yonathan Prajogo, 12
 Club: Cobra Swim Club
 Coach: Mike Pickard
 Specialty: Butterfly
 2nd ranked for LCM01 TAG for the 100 free, 4th ranked for 100-200 fly

| Best Times | SCM01 | LCM01 |
|----------------|---------|---------|
| 100 freestyle | 58.75 | 1:00.08 |
| 100 butterfly | 1:04.69 | 1:06.62 |
| 200 butterfly | 2:24.83 | 2:34.28 |
| 200 ind.medley | 2:28.99 | 2:36.60 |



Julie Kells, 10
 Club: Red Deer Catalina Swim Club
 Coach: Aaron Dahl
 Specialty: Backstroke
 1st ranked for LCM01 TAG in the 100 backstroke

| Best Times | SCM01 | LCM01 |
|----------------|---------|---------|
| 100 freestyle | 1:17.32 | |
| 400 freestyle | | 4:45.84 |
| 100 backstroke | 1:22.91 | 1:20.88 |
| 100 butterfly | | 1:25.74 |
| 200 ind.medley | | 3:05.34 |

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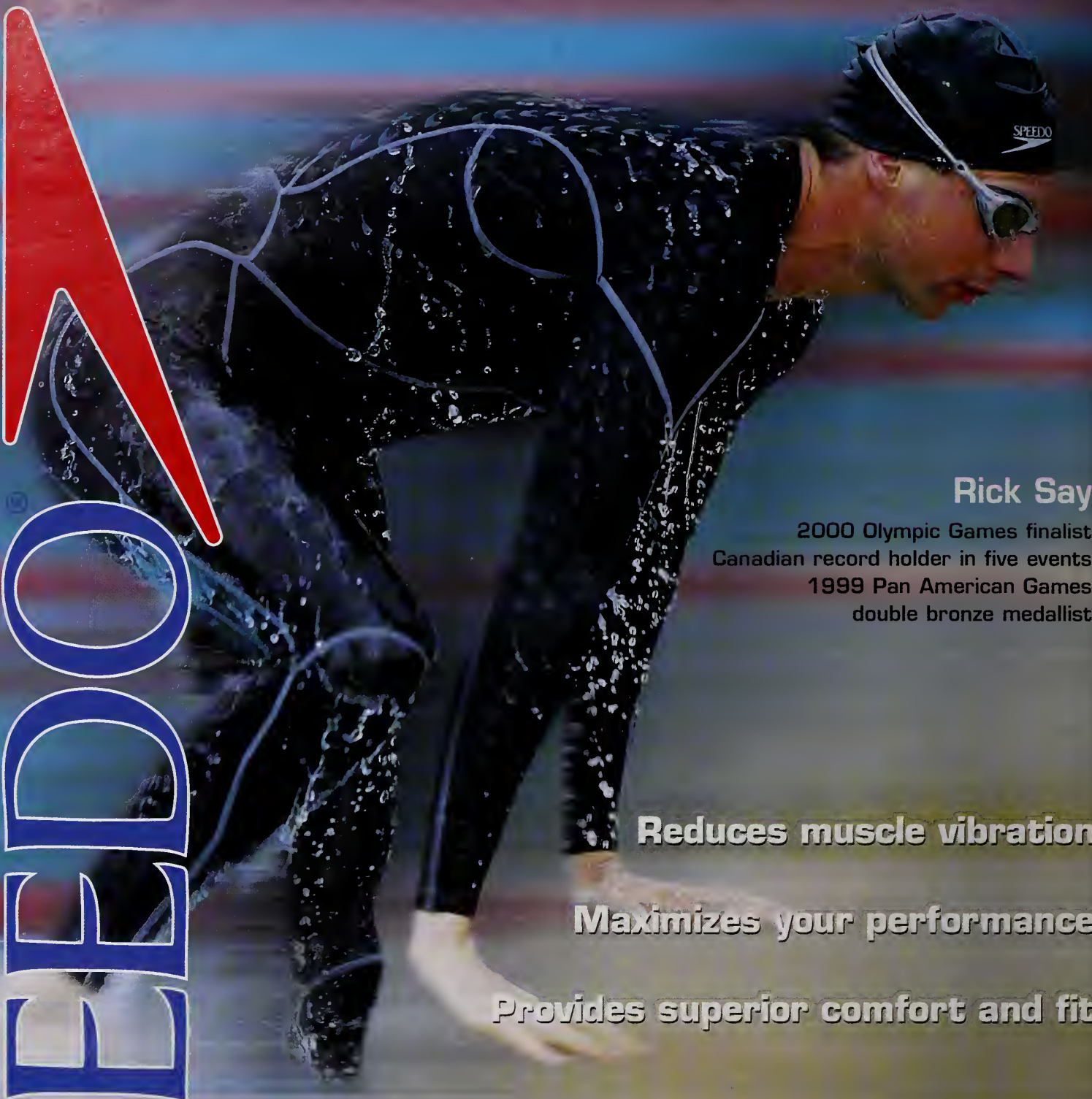
Andrea Kells, 12
 Club: Red Deer Catalina Swim Club
 Coach: Aaron Dahl
 Specialty: Butterfly and ind.medley
 2nd ranked for LCM01 TAG in the 100 fly, 8th for 200 fly.

| Best Times | LCM00 | LCM01 |
|----------------|---------|---------|
| 100 butterfly | 1:13.26 | 1:10.27 |
| 200 butterfly | 2:50.59 | 2:40.69 |
| 200 ind.medley | 2:55.39 | 2:40.79 |
| 400 ind.medley | | 5:45.07 |

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